

SLEEP SAFE PROGRAM

INTRODUCTION



House fires are a serious problem for all communities, but they affect American Indian and Alaska Native (AI/AN) families and communities at a much higher rate than the rest of the nation. Ensuring that American Indian and Alaska Native families are protected from the danger of a house fire requires involvement from the entire community.

The good news is that in the ten years since the Sleep Safe Program began, the rates of house fire death in young AI/AN children have been declining. The bad news is that young children are still at a high risk of injury and death due to house fires and burns. As a Tribal Head Start educator, you are in a unique position to reach many different members of the community, especially children, and to implement strategies that reduce fire- and burn-related injuries and deaths.

To address the fire/burn injury problem among young children, the Indian Health Service (IHS), United States Fire Administration, and Head Start have collaborated to create the Sleep Safe Program.

The goal of the Sleep Safe Program is to reduce the rate of fire and burn injuries among children ages 0-5 enrolled in Tribal Head Start Centers participating in the Sleep Safe Program. This goal will be achieved by:

- Increasing the percent of operable smoke alarms in homes of AI/AN children participating in the Sleep Safe Program.
- Providing fire safety educational curricula to Head Start programs to increase awareness among American Indian and Alaska Native families and among childcare providers of children ages 0-5.
- Promoting community coalition development, community data collection, and community fire safety activism.

The Sleep Safe Program provides parents and childcare providers basic information on how to identify home fire safety hazards that pose the greatest risks to children, as well as how to eliminate these hazards. The Sleep Safe curriculum will stimulate and increase awareness of parents and childcare providers so that they will become advocates for fire safety. Ultimately, the community can become involved in the fire safety effort. The Sleep Safe Program was designed to meet the following Head Start Performance Standards 1304.22(d)(1)&(2) for Injury Prevention and 1304.40(a)(1), and 1304.41(a)(1)(2) for collaborative partnership-building:

1. Ensure that staff and volunteers can demonstrate safety practices;
2. Foster safety awareness among children and childcare providers by incorporating it into child and childcare provider activities;
3. Engage in a collaborative partnership-building with parents to establish mutual trust and identify family goals, strengths, and necessary services and other supports;
4. Take an active role in community planning to encourage strong communication, cooperation, and the sharing of information among agencies and their community partners and to improve the delivery of community services to children and families. Documentation must be maintained to reflect the level of effort undertaken to establish community partnerships; and
5. Take affirmative steps to establish ongoing collaborative relationships with community organizations to promote the access of children and families to community services that are responsive to their needs and to ensure that Early Head Start and Head Start respond to community needs.

The Sleep Safe Program Training Module contains the following nine Guides (computer files of which are on the Sleep Safe CD Rom included):



1. Coordinator's Guide

This Guide provides information to assist Sleep Safe Program Coordinators in meeting the goals and objectives of the program. A brief explanation of the Coordinator's roles and responsibilities is provided, as well as suggestions for implementing the main aspects of the Sleep Safe Program.

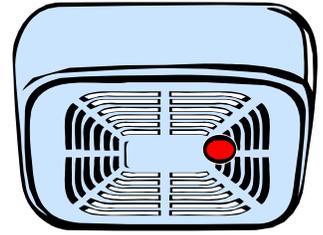
2. Environmental Health Officer's Guide

This Guide provides information to assist local Environmental Health Officers (EHOs) and/or Injury Prevention Coordinators in supporting Sleep Safe Program Coordinators in meeting the goals and objectives of the program. A brief explanation of the Environmental Health Officer's roles and responsibilities is provided, as well as suggestions for monitoring and supporting Sleep Safe Program activities.



3. Smoke Alarm Distribution Guide

This Guide is intended for Sleep Safe Program Coordinators to use when distributing smoke alarms provided by the Sleep Safe Program. Using this Guide, Sleep Safe Program Coordinators will learn practical issues to consider when planning for the installation of smoke alarms in homes of families with Head Start children. In addition, Coordinators will learn about important follow-up activities they can conduct after smoke alarms have been installed in homes.



4. Teacher's Guide

This Guide provides Head Start Center teachers with suggestions for Sleep Safe program activities to be implemented during a school year. These activities can be implemented in the classroom, during October Fire Safety Week, and/or through the distribution of Head Start Center Newsletters.

5. Staff & Childcare Provider's Training Guide

This Guide is designed to be used by Sleep Safe Coordinators and Sleep Safe Partners (Head Start staff, Environmental Health Officers, etc.) to make presentations about fire safety to staff and childcare providers (e.g., parents and grandparents). These presentations can be made in small group settings or in the homes of Head Start Center families. Some of the information included in this Guide can also be provided or conveyed to larger audiences through newsletter articles, posters, and/or public service announcements.





6. Children's Training Guide

This Guide includes the U.S. Fire Administration's *Sesame Street Fire Safety Station*. It contains stories, songs, creative activities, demonstrations, role-playing, and other activities that Head Start educators can use in the classroom to teach children basic fire safety. In addition to serving as teaching tools, these materials are designed to be photocopied and distributed to parents and childcare providers.

7. Tribal Partnerships Guide

This Guide is designed to give Sleep Safe Program Coordinators ideas and tools for expanding fire safety activities to the larger community. The activities included in this Guide were designed to be implemented as a partnership between Sleep Safe Coordinators, IHS/Tribal Environmental Health Officers, and other interested community members.



8. Resource Guide

This Guide provides Sleep Safe Program Coordinators resources and internet sites for general fire safety, children's fire safety, and elder fire safety programs and activities. For those interested in conducting home safety surveys, an optional one-page survey form and instructions are included in this Guide.

9. Forms / Data Reporting Guide

This Guide provides a summary and compilation of all of the forms required for Sleep Safe Program data collection and entry. It also includes instructions for using the Survey Monkey program for reporting Program activities and data.

