

# Don't Wake the Baby! Safe Sleeping Techniques for Infants, and Importance of Instructing Grandparents on New Research Findings

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**Introduction:** Grandparents have significant influence on new parents, and can help reduce the number of mortalities by SIDS if they are properly informed.

**Methods:** Internet searches between December 2016 – February 2017 using search terms SIDS, elderly, caretakers, infants, grandparents, safe sleeping, newborns, sitters. Sixteen articles met inclusion criteria; studies were conducted in urban settings in the US. Electronic databases searched were Google Scholar, PsychINFO, Social Sciences Full Text, Social Services Abstracts, Sociological Abstracts and PubMed. Citation manager used was EndNote.

**Summary:** Research shows new parents are aware of safe sleeping practices for their newborns, but they do not adhere to recommendations because of a grandparents influence. Grandparents are often not well informed, or have old information that could be up to twenty years old on safe sleeping practices. While many researchers agree that more outreach and training programs that are focused towards training grandparents is needed, it is not a practice that is widely accepted.