



## DELAWARE MIDDLE SCHOOL HEALTHY INFANT SLEEP ENVIRONMENT (DMSHISE)



### STUDENT'S GUIDE

Below are the Healthy Infant Sleep guidelines. Make your poster using these guidelines. For example, you could draw what a baby's crib should look like, or show a family with daily habits that are part of Healthy Infant Sleep Practices. The more of these guidelines you can fit into your poster the more educational it will be to the people who see it. Not only are you learning about Practicing Healthy Infant Sleep Environments but you are helping to teach others!

### HEALTHY SLEEP ENVIRONMENT

- **Keep all objects, soft bedding out of the crib. Never cover a baby's head while he or she is sleeping.**
- **Firm Sleep Surface: Use only the mattress designed to go with the crib. No gaps between crib and mattress!**
- **Avoid using bumpers, wedges, positioners.**
- **Place infant on his or her back to sleep, every time they sleep.**
- **Baby should share a bedroom with parents but never share a bed with a parent, sibling or pet.**
- **Avoid overheating a baby.**
- **Avoid smoke exposure: No smoking in baby's home or car. Smokers should wash up before handling baby.**
- **Avoid using home heart monitors and breathing devices, unless specifically recommended by a pediatrician.**
- **Offer baby a pacifier. Never force it into the baby's mouth.**

*These guidelines were developed by the American Academy of Pediatrics. An organization you can trust!*

*Student Guide replicated from the New Jersey Department of Children and Families' Office of Performance Management and Accountability*

Duplicated with permission from New Jersey Department of Children & Families Office of Performance Management and Accountability.

### Contest Rules:

- Health Educators/teacher in collaboration with the art teacher will find all material needed for this project at this website. If you should have any questions you can contact Marjorie Hershberger at [Marjorie.Hershberger@state.de.us](mailto:Marjorie.Hershberger@state.de.us). Phone: 302-255-1760.
- There will be two winning poster selected from the fall and spring health education classes.
- A pre-test will be administered to students prior to the educational session.
- The education session takes place. Students are given the student guide.
- A post-test will be administered four weeks following the education session.
- Teachers will submit all pre and posttests.
- Only **one** poster design submission allowed per student.
- **Poster design requirements:**
  - Student must work with the art teacher and health educator/teacher
  - Must be an original design
  - Must be 11 by 8.5 inch in size
  - Designs can be hand drawn; hand painted/colored using dark color markers **OR** created using computer software. **(The poster you submit must be emailed as a Print-ready file (ex. PDF or JPEG/high resolution))**
  - Design must include the text: **Infant Safe Sleep Environment 2014-2015**
  - Students should use the American Academy of Pediatrics guidelines for infant safe sleep environment when designing their poster (which are listed on the student guide). Be creative!
  - No use or mention of company logos, names, products or services are permitted for use.
- Each school will select the winning poster to be submitted.
- Submission dates are November 21, 2014 and May 1, 2015.
- The winning poster and the registration/parental consent form will be submitted to the following address: [Marjorie.Hershberger@state.de.us](mailto:Marjorie.Hershberger@state.de.us)
- TISSPCAT will judge all posters meeting the specified criteria. Posters that pass the general screening process will then be reviewed by a panel of Judges (TISSPCAT, partners, etc.) who will rate the posters based on the evaluation criteria. Winning student and their school will be notified (via e-mail, express mail and /or phone) by TISSPCAT.

**Evaluation Criteria:** Evaluation will be based on the poster information and creative presentation.

- Work must be original to the author. The use of characters, logos of any other image previously copyrighted is prohibited.
- Does the poster teach about healthy sleep practice and environment for infants? Is it in keeping with the AAP guidelines?
- How much of the poster is original, memorable and visually appealing?
- Judging: all posters will be reviewed to ensure they meet criteria specified. Posters that pass the general screening process will then be reviewed by a panel of Judges (TISSPCAT, partners, etc.) who will rate the posters based on the evaluation criteria. Winning student and their school will be notified (via e-mail, express mail and or phone) by TISSPCAT.

# Delaware Middle School Healthy Infant Sleep Environment (DMDSHISE)

## Poster Contest Registration Form and Parent/Guardian Consent

Student's Name: \_\_\_\_\_

Student's Grade: \_\_\_\_\_

School: \_\_\_\_\_

School Address: \_\_\_\_\_

Teacher's Name: \_\_\_\_\_

Checklist: (Please check off next to each item once the items are assembled for submission)

Poster:

Pre-Test:

Post-Test:

Parent/Guardian Signature (See Below)

Parent/Guardian Consent:

I understand that should my child enter the DMDSHISE Poster Contest their poster may be displayed (along with their first name, last initial, grade and name of school) on a website created for SIDS and Infant Safe Sleep Practices. Posters will not be returned to students.

I understand that should my child enter the DMDSHISE Poster Contest and win, their poster (along with their first name, last initial, grade and name of school) will be published on a tote bag to be distributed throughout the State of Delaware.

I hereby grant the right to use the image my child creates in whatever way is suitable for the purposes of publication and broadcast. I waive all rights over the image and understand that it might be cropped, altered or modified for the said purpose. I give permission for use, re-use, publish or re-publish, in whole or in part, in any medium for commercial, promotional or trade purposes.

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_