



Update from Amber Dave, MD, FAAP MDAAP Safe Sleep Champion June 2025

The Maryland Chapter of the American Academy of Pediatrics (MDAAP) proudly participates in the National AAP Safe Sleep Champion Network (SSCN), a vital initiative launched by National AAP's Sudden Unexpected Infant Death (SUID) Prevention Program. The mission of the SSCN is to strengthen connections between pediatricians, AAP chapters, and local child fatality review teams to enhance provider knowledge and advocacy around safe sleep practices. By leveraging insights from child death reviews, the SSCN aims to develop impactful, data-driven education and interventions that reduce infant sleep-related deaths. The vision of the SSCN is to create a collaborative, informed community of pediatric champions dedicated to advancing safe sleep awareness, prevention strategies, and ultimately saving infant lives across Maryland and the nation.

The recently enacted Maryland Safe Sleep Act of 2024 builds on these efforts by reinforcing safe sleep practices statewide, especially in healthcare settings. Beginning January 1, 2025, hospitals are required to provide both oral and written education to families about creating safe sleep environments, assess and document the planned sleep setting at home prior to discharge, and share county-specific resource lists to help families access safe sleep supplies. These steps are designed to ensure that families are well-informed and supported in practicing safe sleep from the very start. To view a summary of this new bill, go to <https://mhaonline.org/wp-content/uploads/2024/05/safe-sleep-act-bill-summary.pdf>.

To support the SSCN mission, the Maryland and District of Columbia AAP chapters co-hosted an informational webinar in February 2025 titled *"Safe Sleep for Infants: National Guidelines and Local Regulations in Maryland and DC"* featuring expert speakers to provide an in-depth review of the Maryland Safe Sleep Act, share evidence-based strategies for effective implementation, and discuss real-world challenges and solutions in promoting safe sleep in both clinical and community settings. This webinar (recording available at <https://youtu.be/-9irRZOS8IA>) is a valuable resource for providers seeking to enhance their safe sleep practices and advocacy efforts.

We invite MDAAP pediatricians, healthcare providers, and community partners to actively join this important effort by staying informed and engaged.

Questions/Comments? Contact Amber Dave, MD, FAAP; MDAAP Safe Sleep Champion at adavemd@gmail.com.