

How to: Take Safe Sleep Training (for STARS hours)

- Go to www.del.wa.gov
- Click Safe Sleep under “How do I...?” to go to the safe sleep page for links and handouts;
- Or, you can go directly to the training portal to register and take the training at www.deltraining.com (see page 3 of this guide).

Child Care & Preschool Options

Child Development, Health & Safety

Government Relations

Early Learning Partnerships

Laws, Rules & Performance Standards

Providers & ECEAP Contractors

Publications, Forms & Research

Healthiest Next Generation

Professional Development

Helpful Resources

Kids' potential, our purpose

What we do

We at the Department of Early Learning (DEL) strive to help create safe, healthy, nurturing learning experiences for all Washington children. Our work focuses on the earliest years in children's homes, child care, school programs and communities. We offer information and resources for children's first and most important teachers—parents—as well as others who care for and teach young children. **Learn more...**

We work toward each child entering kindergarten with a solid foundation for success in school and life.

How do I find out about...

- **Safe Sleep**
- 2014-15 ECEAP Outcomes Report
- Frequently Asked Questions (FAQs) about Child Care Check
- Submitting a public records request
- The 2014 Licensed Child Care Market Rate Survey
- The Parent Advisory Group (PAG)
- The Early Start Act (Support and Implementation)
- 2015 State Baby Facts
- Early Educator Central (Infant/Toddler Career Pathway Resource)
- Vroom: Tools and Activities for Parents and Kids
- Emergency plan for child care
- Healthiest Next Generation Initiative
- Early Achievers, Washington's quality rating and improvement system
- Strengthening Families Washington

Sign up to receive our email/text updates

Child Care Check
Washington State Licensed Child Care Information

Prevent Child Abuse Washington

MERIT Washington's Professional Development Registry

WASHINGTON EARLY ACHIEVERS
PREPARING CHILDREN FOR SUCCESS IN SCHOOL

Safe Sleep Training Link on the DEL Website

- On the [Safe Sleep](#) page, look for the sentence in red addressed to licensed providers (this is for anyone required to take the course, not just providers).
- Click the blue link that says [DEL Training](#) to be directed to the DEL Training website. This is where you register and take the training for one STARS hour. The same information is shown below in Spanish.

Home

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Safe sleep

Research shows parents and caregivers can take the following actions to help reduce the risk of SIDS and other sleep-related causes of infant (less than 1 year old) death:

- Always place babies on their backs to sleep for every sleep.
- Use a firm sleep surface, such as a mattress in a safety-approved crib, covered by a fitted sheet.
- Have the baby share your room, not your bed. Your baby should not sleep in an adult bed, on a couch, or on a chair alone, with you, or with anyone else.
- Keep soft objects, such as pillows and loose bedding out of your baby's sleep area.
- Prevent exposure to smoking during pregnancy and after birth because these are important risk factors for SIDS. The risk of SIDS is even stronger when a baby shares a bed with a smoker. To reduce risk, do not smoke during pregnancy, and do not smoke or allow smoking around your baby.

Safe Sleep Environment Hand-outs:

- [Safe Sleep Environment \(English\)](#)
- [Safe Sleep Environment \(Spanish\)](#)

Licensed providers, to get STARS credit for Safe Sleep training, please go here: [DEL Training](#). This training explains the importance of protecting infants during a crucial time of their development. Learn about Sudden Infant Death Syndrome (SIDS) and what you can do to reduce the risk of SIDS with recommendations by the American Academy of Pediatrics, focusing on a safe sleep environment. Resources to print out are included.

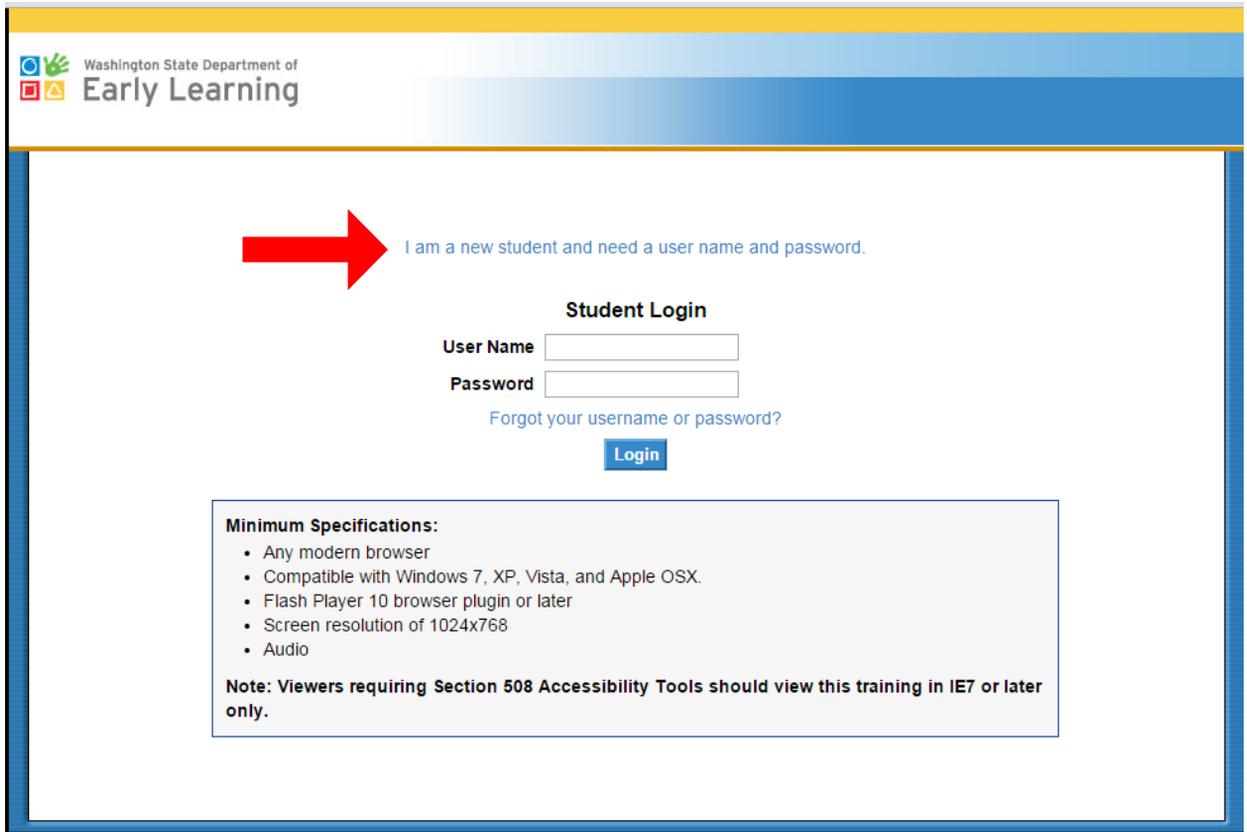
Para obtener credito STARS para el entrenamiento a dormir seguro, por favor haga clic aqui: [DEL Formacion](#). Esta clase explicará la importancia de proteger a los bebés durante una de las etapas críticas de desarrollo. Usted aprenderá acerca del Síndrome de Muerte Súbita del Lactante, lo que usted puede hacer para reducir el riesgo de acuerdo a las recomendaciones de la Academia Americana de Pediatría y cómo crear un ambiente seguro para dormir. Usted podrá imprimir los recursos incluidos.

• Best viewed using a PC and Internet Explorer/Em>

How to Register or Log In at DELTraining.com

- The **DEL Training** link directs you to a DEL Student Login page. If you have not already done so, you will need to create an account as a new student in order to access the online trainings.
- If you have registered before, use Student Login section. You can click the link to recover your username or password.

1. This is the first screen you see. If you are new to the site, click the link at the top.



Washington State Department of
Early Learning

 [I am a new student and need a user name and password.](#)

Student Login

User Name

Password

[Forgot your username or password?](#)

Minimum Specifications:

- Any modern browser
- Compatible with Windows 7, XP, Vista, and Apple OSX.
- Flash Player 10 browser plugin or later
- Screen resolution of 1024x768
- Audio

Note: Viewers requiring Section 508 Accessibility Tools should view this training in IE7 or later only.

How to Register at DELTraining.com

2. Create an account by completing all boxes. If no STARS ID, it will take any 9 digit #.

New Student Form

Note that all fields are required except Address 2.

First Name

Last Name

Email Address

STARS ID

Address 1

Address 2

City

State

Zip

County

Username

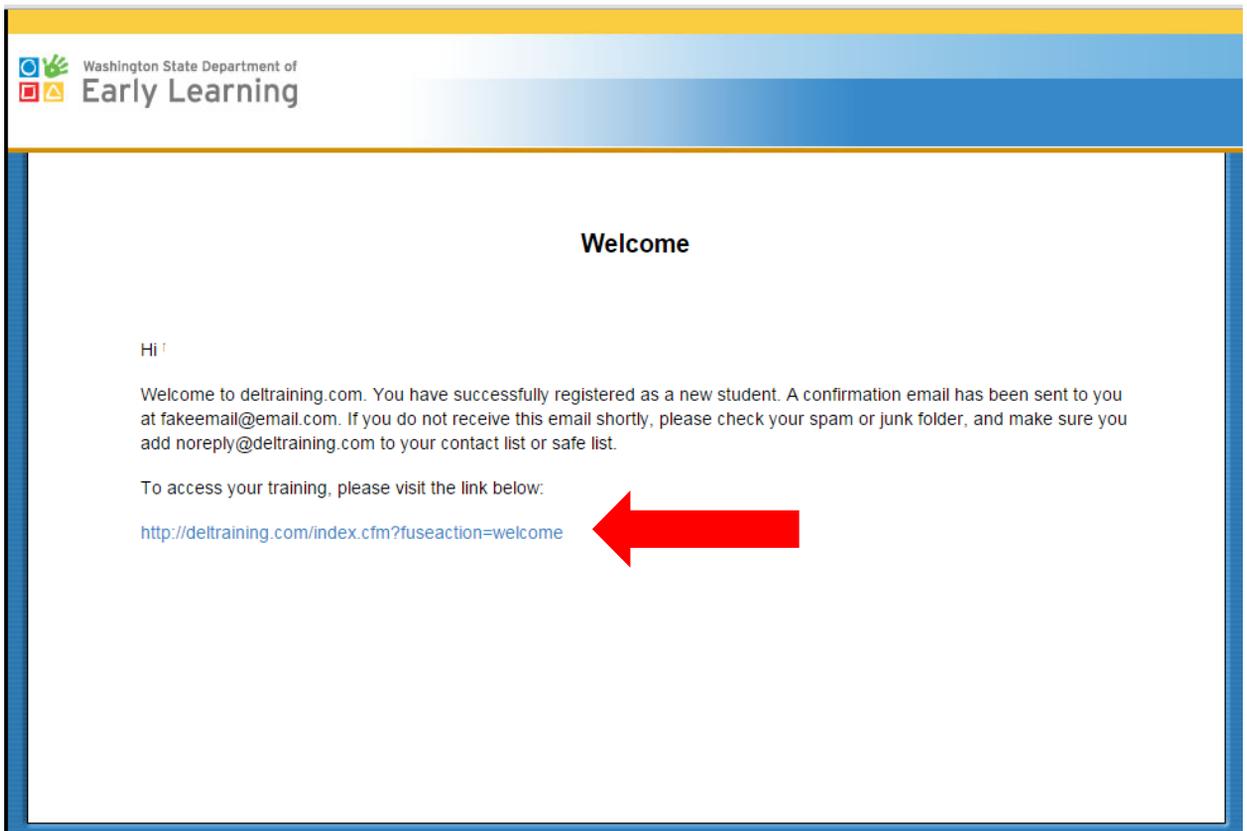
Password

Confirm Password

TIP! If you receive a message that the email address is already in use, but you do not have a DEL Training account, **you will need to register with a different email address**. This message means the email address was used to register for Child Care Aware classes in the past.

Signing Up for Safe Sleep Training

3. After registering, you get the Welcome screen. Click the link. You will also be emailed the username, password, and a link to the login if you used a working email address.



Signing Up for Safe Sleep Training

4. You will see this screen. To find the Safe Sleep or other training not listed, click course catalog at the bottom.

DEL Online Training Modules

You can expand/collapse programs by clicking the plus (+) or minus (-) buttons.

Student's Incomplete Programs

Program Name	Status	Due Date	Complete Date
<input type="checkbox"/> DEL Trainer Approval Online Training	incomplete	03/07/2017	

Courses in DEL Trainer Approval Online Training

Course Name - Click to launch	Status	Due Date	Complete Date	Certificate
Introduction	not started	03/07/2017		Unavailable
Core Competencies	not started	03/07/2017		Unavailable
Cultural Competencies	not started	03/07/2017		Unavailable
How Adults Learn	not started	03/07/2017		Unavailable
Designing Adult Learning	not started	03/07/2017		Unavailable
Facilitating Adult Learning	not started	03/07/2017		Unavailable
Early Learning Guidelines	not started	03/07/2017		Unavailable
Executive Function	not started	03/07/2017		Unavailable
MERIT	not started	03/07/2017		Unavailable

Student's Completed Programs

Program Name	Status	Due Date	Complete Date
<i>No complete courses.</i>			

Register for more courses through the [course catalog](#) 

Minimum Specifications:

Signing up for Safe Sleep Training

5. For Safe Sleep, click the + under Annual Continuing Education Courses (STARS Classes).

Course Catalog

- To view the courses in each program click **+** **Show/Hide Courses** beneath each program description.
- Click the checkbox next to each course you wish to register for, then click **Enroll and Register** at the bottom of the page.
- To view the course description click the **+** button.
- You cannot register for a course if you are already registered for that course, in which case the checkbox will be disabled.

Program: [Annual Continuing Education Courses \(STARS Classes\)](#)

These classes cover content in the Core Competencies for Early Learning and School Aged Professionals. They meet the requirements for annual continuing education and include STARS hours upon completion.

+ [Show/Hide Courses](#)



Program: [DEL Trainer Approval Online Training](#)

The Department of Early Learning (DEL) has an approval process for state-approved trainers in Washington. This process is designed to promote quality training opportunities around the state that meet the required continuing education (STARS) and Child Care Basics. These online modules assist applicants and support trainers in their understanding and use of WA State documents and tools, the history of training in Washington, and methods of designing and facilitating instruction for diverse adult learners using best practices and culturally sensitive adult education. *(you are already enrolled in this program)*

+ [Show/Hide Courses](#)

Program: [Training for Early Childhood Education and Assistance Program \(ECEAP\)](#)

Training specifically designed for ECEAP staff and contractors.

+ [Show/Hide Courses](#)

Enroll and Register

Signing up for Safe Sleep Training

6. You will see Safe Sleep. Click the check box (or the one below for the Spanish version).

7. Click Enroll/register at the bottom

Course Catalog

- To view the courses in each program click **+** **Show/Hide Courses** beneath each program description.
- Click the checkbox next to each course you wish to register for, then click **Enroll and Register** at the bottom of the page.
- To view the course description click the **+** button.
- You cannot register for a course if you are already registered for that course, in which case the checkbox will be disabled.

Program: **Annual Continuing Education Courses (STARS Classes)**

These classes cover content in the Core Competencies for Early Learning and School Aged Professionals. They meet the requirements for annual continuing education and include STARS hours upon completion.

+ Show/Hide Courses

Courses:

<input checked="" type="checkbox"/>	Safe Sleep	+
<input type="checkbox"/>	Clase sobre la seguridad para dormir a los bebés	+

Program: **DEL Trainer Approval Online Training**

The Department of Early Learning (DEL) has an approval process for state-approved trainers in Washington. This process is designed to promote quality training opportunities around the state that meet the required continuing education (STARS) and Child Care Basics. These online modules assist applicants and support trainers in their understanding and use of WA State documents and tools, the history of training in Washington, and methods of designing and facilitating instruction for diverse adult learners using best practices and culturally sensitive adult education. *(you are already enrolled in this program)*

+ Show/Hide Courses

Program: **Training for Early Childhood Education and Assistance Program (ECEAP)**

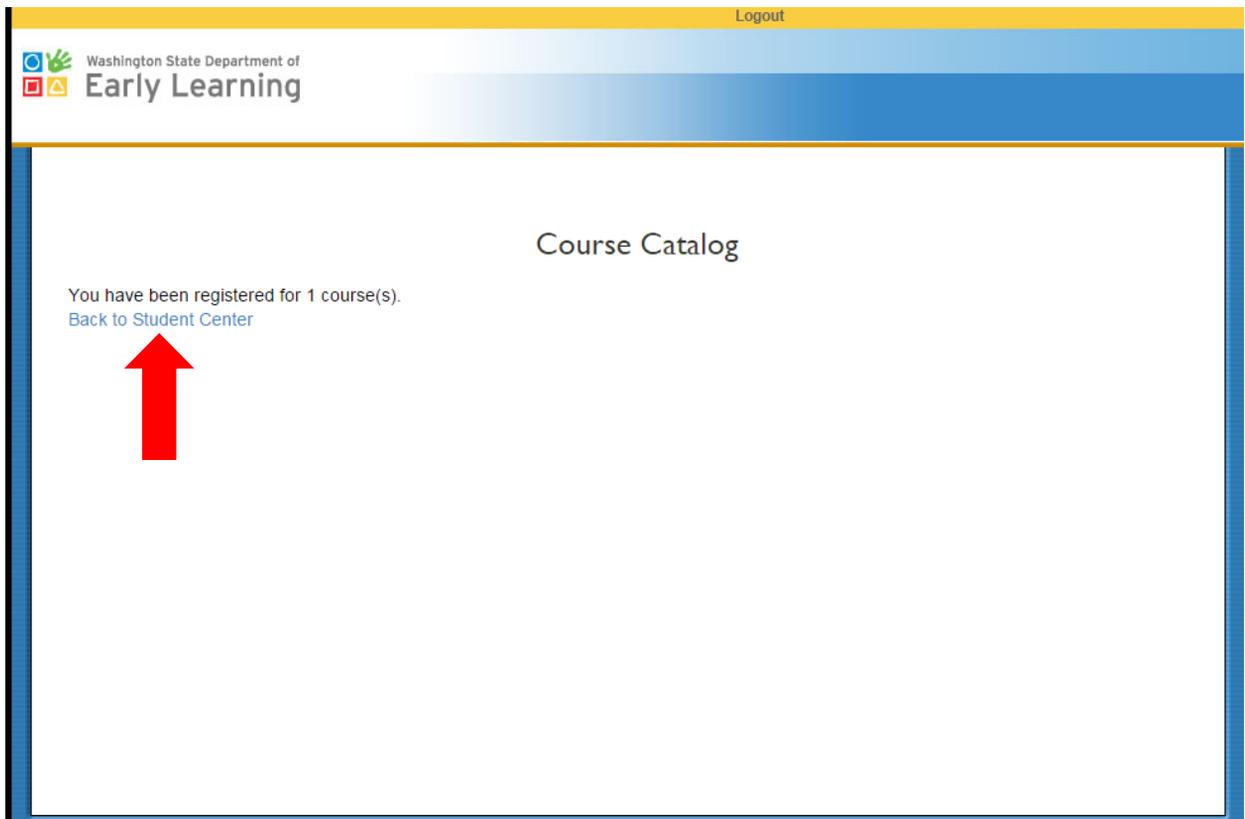
Training specifically designed for ECEAP staff and contractors.

+ Show/Hide Courses

Enroll and Register

How to Take the Safe Sleep Training Course

8. You will land on this page. Click the link.



The screenshot shows a web page with a yellow header bar containing the text "Logout". Below the header is a blue navigation bar with the Washington State Department of Early Learning logo and the text "Washington State Department of Early Learning". The main content area is white and features the title "Course Catalog" centered. On the left side of the main content area, there is a message: "You have been registered for 1 course(s)." followed by a blue hyperlink "Back to Student Center". A large red arrow points upwards from below the text to the "Back to Student Center" link.

How to Take the Safe Sleep Training Course

9. You are taken back to this page (Student Center) and now the Safe Sleep training is on the page with status Not Started. Click on the title to launch the training.

DEL Online Training Modules

You can expand/collapse programs by clicking the plus (+) or minus (-) buttons.

Student's Incomplete Programs

Program Name	Status	Due Date	Complete Date
 DEL Trainer Approval Online Training	incomplete	03/07/2017	

Courses in DEL Trainer Approval Online Training

Course Name - Click to launch	Status	Due Date	Complete Date	Certificate
Introduction	not started	03/07/2017		Unavailable
Core Competencies	not started	03/07/2017		Unavailable
Cultural Competencies	not started	03/07/2017		Unavailable
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Executive Function	not started	03/07/2017		Unavailable
MERIT	not started	03/07/2017		Unavailable

Program Name	Status	Due Date	Complete Date
 Annual Continuing Education Courses (STARS Classes)	incomplete	03/07/2017	

Courses in Annual Continuing Education Courses (STARS Classes)

Course Name - Click to launch	Status	Due Date	Complete Date	Certificate
Safe Sleep	not started	03/07/2017		Unavailable



Student's Completed Programs

Program Name	Status	Due Date	Complete Date
<i>No complete courses.</i>			

Register for more courses through the [course catalog](#)

How to Take the Safe Sleep Training Course

10. You made it! You will need audio.



After the course is completed, you can click on the X on the top left of your browser to close the page. You will be taken to the training home page (Student Center). Refresh the page so that it will re-load information by clicking the refresh icon in or near the page address in the browser address bar:



How to Access Your Certificate of Completion

- You should see a box near the bottom of the page of completed classes.
- Click on the plus sign (+) next to Annual Continuing Education Courses (STARS Classes). The Safe Sleep title should appear with a completion date.
- Click on the blue words **Available here** under the Certificate column to view and print your certificate. Please note, you may need to refresh your page a few times before you will see it. If that doesn't work, try logging off and logging back in.
- Your MERIT account should show the completed training within two weeks.

The screenshot shows a table with the following data:

Program Name	Status	Due Date	Complete Date
Executive Function	not started	11/10/2016	Unavailable
MERIT	in progress	11/10/2016	Unavailable
Annual Continuing Education Courses (STARS Classes)	completed	11/10/2016	01/14/2016

A red arrow points to the plus sign (+) next to the 'Annual Continuing Education Courses (STARS Classes)' row. Below the table is a link: [Register for more courses through the course catalog](#)

The screenshot shows the same table as above, but with an expanded view for the 'Annual Continuing Education Courses (STARS Classes)' row. A red arrow points to the 'Available here' link in the 'Certificate' column.

Program Name	Status	Due Date	Complete Date
Executive Function	not started	11/10/2016	Unavailable
MERIT	in progress	11/10/2016	Unavailable
Annual Continuing Education Courses (STARS Classes)	completed	11/10/2016	01/14/2016

Courses in Annual Continuing Education Courses (STARS Classes)

Course Name - Click to launch	Status	Due Date	Complete Date	Certificate
Safe Sleep	completed	11/10/2016	01/14/2016	Available here

Below the table is a link: [Register for more courses through the course catalog](#)

Safe Sleep Resources and Help

- The DEL website also includes a page titled Infant **Safe Sleep Practices** where definitions and rules regarding safe sleep are accessible to anyone, found at <http://www.del.wa.gov/laws/development/InfantSafeSleep.aspx>

Home » Laws, Rules & Performance Standards » DEL Rules Under Development » Proposed rules for Infant Safe Sleep

Infant Safe Sleep Practices

[Print](#)

DEL Files Permanent Rule-Making Orders For Safe Sleep Practices

DEL filed permanent rule-making orders pertaining to safe sleep practices with the Office of the Code Reviser on August 19, 2015. The rules will update licensing rules related to infant safe sleep practices for child care center providers (WAC 170-295) and licensed family home child care providers (WAC 170-296A). The rule changes are necessary in order to reduce the number of sleep related incidents in licensed child care settings. The filed permanent rule orders identify the need for:

- additional licensee and staff training,
- changes to record-keeping documentation and violation notification requirements,
- updates to program policy handbooks and
- new rules for infant sleeping equipment and bedding.

The permanent rules will become effective 31 days from the date of filing.

Child Care Center Providers - WAC 170-295

- [Safe Sleep Permanent Rule Order](#)
- [Filed Permanent Rules](#)
- [Concise Explanatory Statement](#)
- [Proposed Rule Making](#)
- [Preproposal Statement of Inquiry](#)

Licensed Family Home Child Care Providers - WAC 170-296A

- [Safe Sleep Permanent Rule Order](#)
- [Filed Permanent Rules](#)
- [Concise Explanatory Statement](#)
- [Proposed Rule Making](#)
- [Preproposal Statement of Inquiry](#)



Contact MERIT Support Services for assistance with

- Registration questions for the DEL Training website
- Reporting technical issues with the DEL Training website or training course
- Reporting completion of Safe Sleep training if not on your MERIT record after 30 days

MERIT@del.wa.gov or (866) 482-4325 option 5