

# Cómo completar la capacitación de Seguridad para Acostar a Dormir al Bebé (Safe Sleep en inglés) para horas de STARS

- Vaya a la página [www.del.wa.gov](http://www.del.wa.gov)
- Haga clic en Safe Sleep donde dice “How do I...?” para visitar la página de Safe Sleep donde se encuentra los enlaces y los folletos;
- O puede ir directamente al sistema de capacitación para registrarse y completar la capacitación en [www.deltraining.com](http://www.deltraining.com) (ver la página 3 de esta guía).

**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

**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

# Enlace de capacitación de Safe Sleep en la página del internet de DEL

- En la página de Safe Sleep, busque la frase que aparece en color rojo. Este enlace no es solo para proveedores sino también para cualquier persona que tenga que completar esta capacitación.
- Haga clic en el enlace azul donde dice “DEL Training” o “DEL Formación” para dirigirse a la página del internet para capacitaciones de DEL. Con este enlace usted puede registrarse y completar la capacitación y obtener 1 hora de STARS en el idioma que prefiera.

Home

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

Sign up to receive our email/text updates

**Child Care Check**  
Washington State Licensed Child Care Information

## 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 Formación.**

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/IE™

# Cómo registrar o entrar el sistema en DELtraining.com

- El enlace “**DEL Training**” le llevará a la página de “DEL student login”. Si no lo ha hecho anteriormente, tendrá que crear una cuenta como un “new student” para poder conseguir acceso las capacitaciones en el internet.
- Si ya se ha registrado anteriormente, complete la sección de “DEL student login”. Se puede hacer clic en el enlace si necesita recobrar su “username” o “password”.

1. Esta es la primera pantalla que usted verá. Si está usando el sistema por primera vez, use el enlace en la parte de arriba de la pantalla.

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.**

# Cómo registrar en DELTraining.com

2. Complete la siguiente información para crear una cuenta. Si usted no tiene un número de STARS, el sistema aceptará cualquier número de 9 dígitos.

Washington State Department of  
Early Learning

### 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

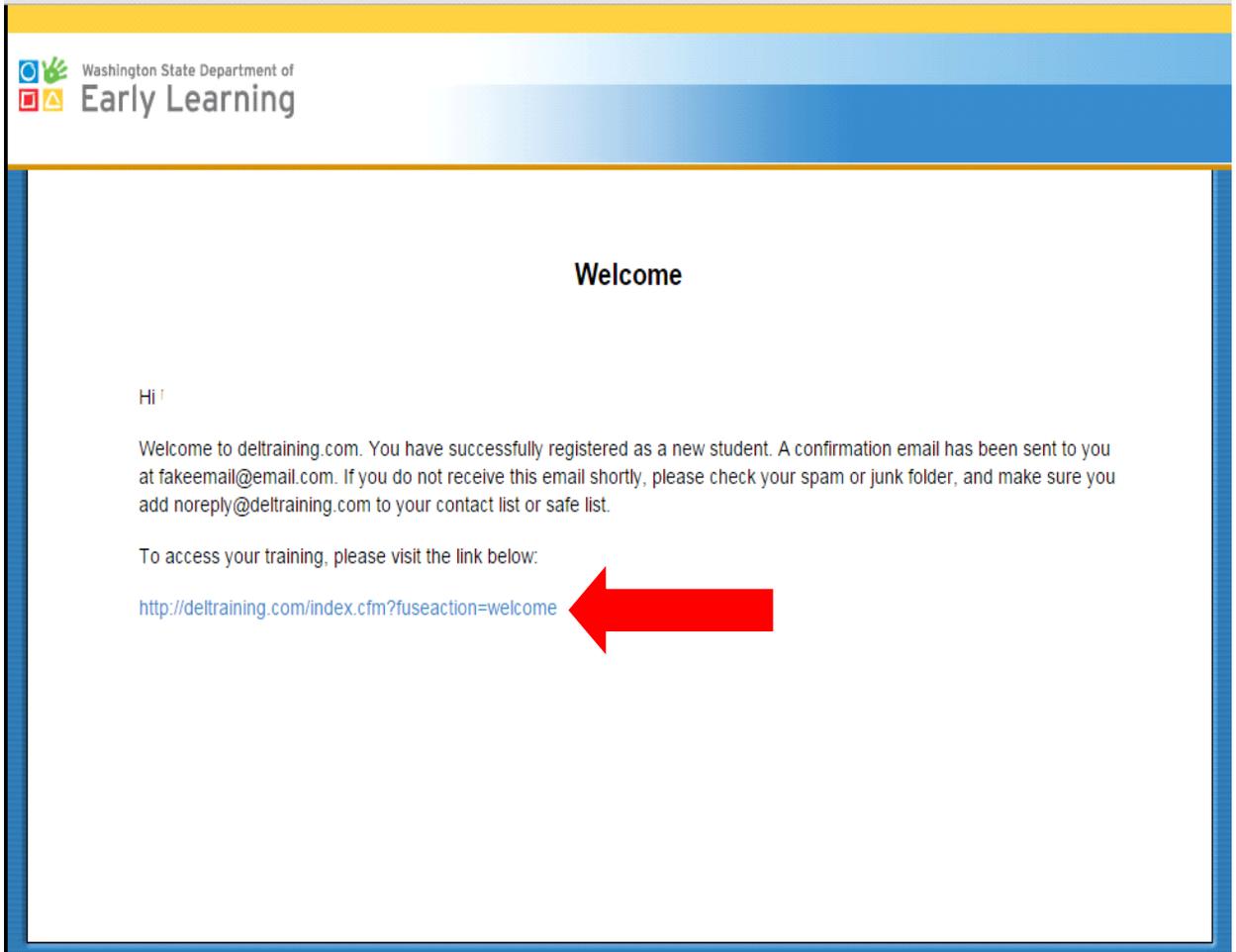
Password

Confirm Password

**¡Sugerencia!** Si usted recibe un mensaje indicando que su dirección de correo electrónico ya está en uso pero todavía no tiene una cuenta con DEL Training, **tendrá que crear una dirección de correo electrónico nueva**. Este mensaje significa que la dirección de correo electrónico fue usada para registrarse para otra clase de Child Care Aware anteriormente.

# Registrando para la capacitación de Safe Sleep

3. Después de registrarse, verá la pantalla que dice “Welcome”. Haga clic en el enlace. Si usted usó una dirección de correo electrónico válida, recibirá un mensaje de correo electrónico con el “username”, “password”, y un enlace para registrarse.



# Registrando para la capacitación de Safe Sleep

4. Ahora verá esta pantalla. Para encontrar la capacitación de Safe Sleep o cualquier otra capacitación que no aparece en la lista, haga clic en “course catalog” en la parte de abajo.

**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
<a href="#">Introduction</a>	not started	03/07/2017		Unavailable
<a href="#">Core Competencies</a>	not started	03/07/2017		Unavailable
<a href="#">Cultural Competencies</a>	not started	03/07/2017		Unavailable
<a href="#">How Adults Learn</a>	not started	03/07/2017		Unavailable
<a href="#">Designing Adult Learning</a>	not started	03/07/2017		Unavailable
<a href="#">Facilitating Adult Learning</a>	not started	03/07/2017		Unavailable
<a href="#">Early Learning Guidelines</a>	not started	03/07/2017		Unavailable
<a href="#">Executive Function</a>	not started	03/07/2017		Unavailable
<a href="#">MERIT</a>	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:**

# Registrando para la capacitación de Safe Sleep

5. Para Safe Sleep, por favor haga clic en el signo “+” debajo de las palabras “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**

# Registrando para la capacitación de Safe Sleep

6. Usted verá “Safe Sleep”. Haga clic en la casilla donde dice “Clase sobre la seguridad para dormir a los bebés”.

7. Haga clic en “enroll/registrar” en la parte de abajo.

## 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:

- Safe Sleep **+**
- 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)

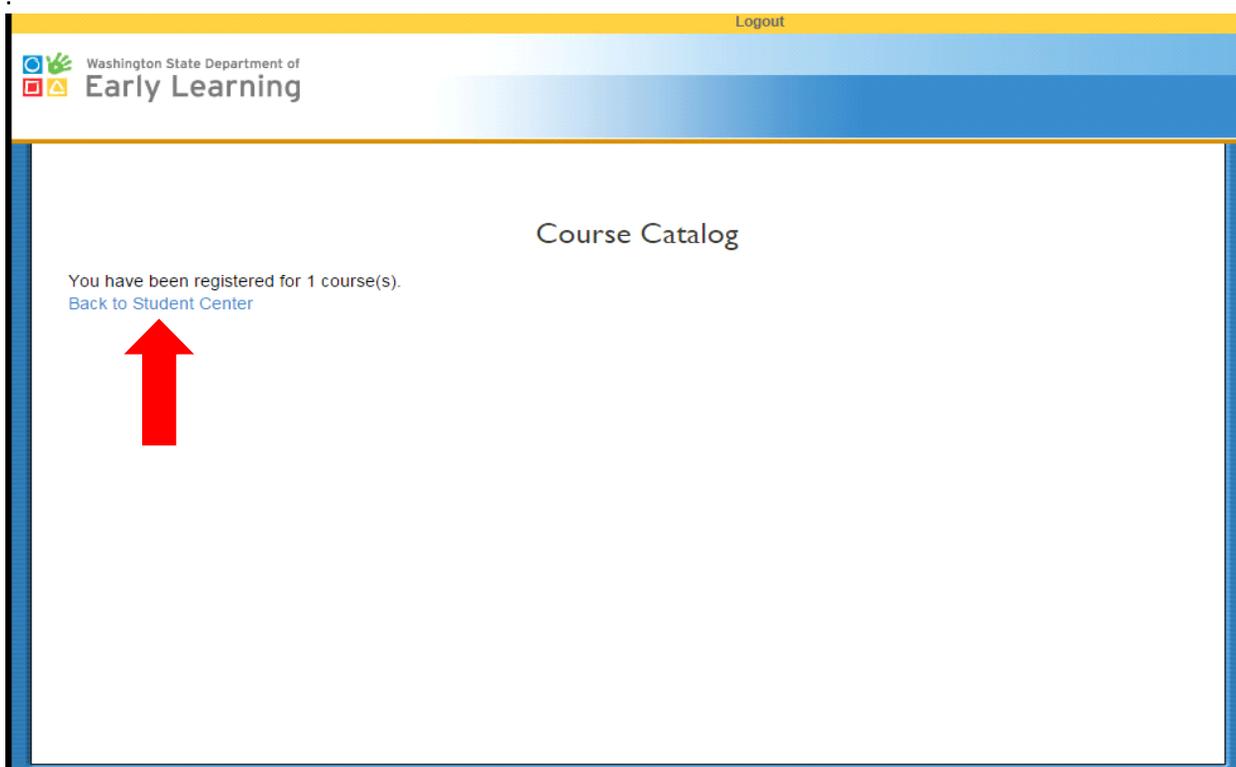
Training specifically designed for ECEAP staff and contractors.

**+ Show/Hide Courses**

**Enroll and Register**

# Cómo completar la capacitación de Safe Sleep

8. Usted llegará a esta página. Haga clic en el enlace donde dice “Back to Student Center”.



# Cómo completar la capacitación de Safe Sleep

9. Al final usted vera nuevamente esta página (“Student Center”) y ahora la capacitación de Safe Sleep aparece en la pantalla con el estado de “Not Started”. Haga clic en el título para empezar la capacitación.

## 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
<a href="#">Introduction</a>	not started	03/07/2017		Unavailable
<a href="#">Core Competencies</a>	not started	03/07/2017		Unavailable
<a href="#">Cultural Competencies</a>	not started	03/07/2017		Unavailable
<a href="#">How Adults Learn</a>	not started	03/07/2017		Unavailable
<a href="#">Designing Adult Learning</a>	not started	03/07/2017		Unavailable
<a href="#">Facilitating Adult Learning</a>	not started	03/07/2017		Unavailable
<a href="#">Early Learning Guidelines</a>	not started	03/07/2017		Unavailable
<a href="#">Executive Function</a>	not started	03/07/2017		Unavailable
<a href="#">MERIT</a>	not started	03/07/2017		Unavailable

Program Name	Status	Due Date	Complete Date
<input type="checkbox"/> 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
<a href="#">Safe Sleep</a>	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](#)

# Cómo completar la capacitación de Safe Sleep

10. ¡Usted lo hizo! La capacitación requiere audio/sonido.



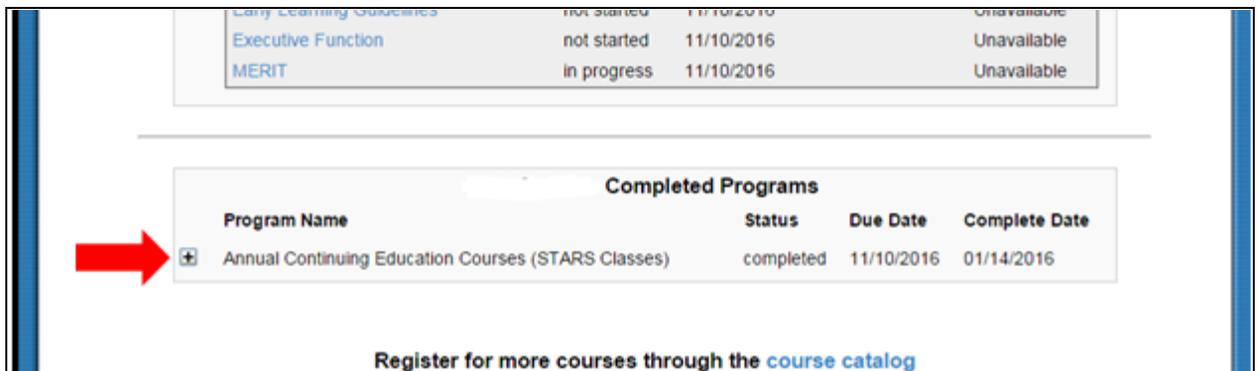
Después de completar la capacitación, puede hacer clic en la “X” que aparece en la esquina superior izquierda del navegador de la computadora para cerrar la página y ser dirigido a la página de capacitación (Student Center). Actualice la página haciendo clic en el símbolo (indicado por la flecha) que aparece en la sección del navegador de la computadora.



 <http://deltraining.com/index.cfm?fuseaction=welco>  

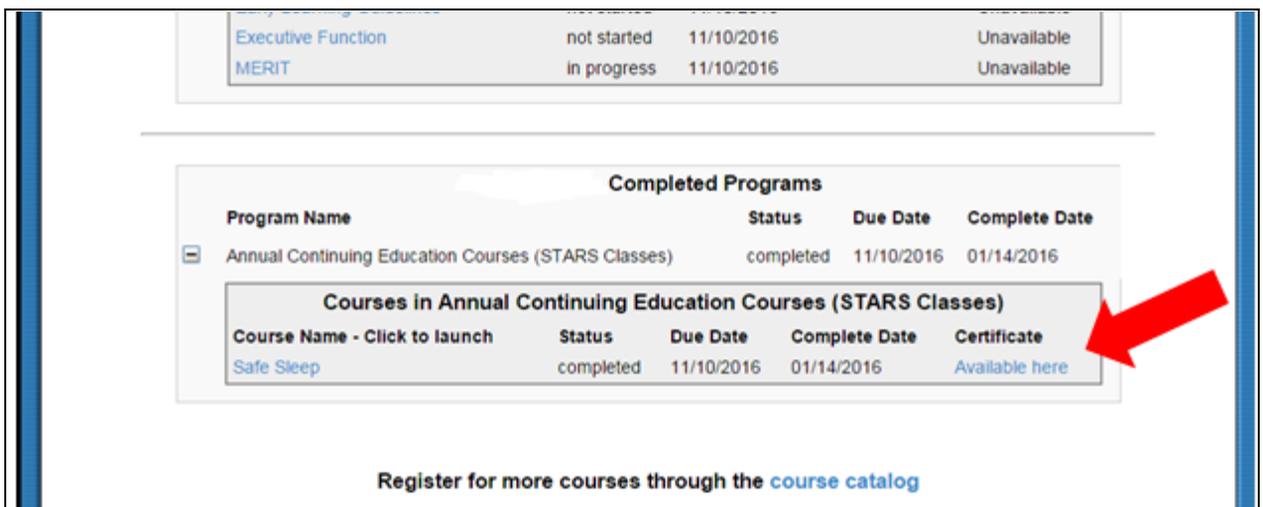
# Cómo encontrar su certificado después de completar la capacitación

- Debe ver una caja de capacitaciones completadas “Completed Programs”) en la parte de abajo de la pantalla.
- Haga clic en el signo “+” al lado de Annual Continuing Education Courses (STARS classes). El título de Safe Sleep debe aparecer con la fecha que completó la capacitación.
- Haga clic en las palabras azules donde dice “Available here” debajo de la columna del certificado para ver e imprimir su certificado. Por favor note que puede ser necesario actualizar la página antes de ver el certificado. Si no funciona, puede salir del sistema e entrar de nuevo.
- La capacitación debe aparecer en MERIT dentro de dos semanas.



Program Name	Status	Due Date	Complete Date
Annual Continuing Education Courses (STARS Classes)	completed	11/10/2016	01/14/2016

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



Program Name	Status	Due Date	Complete Date
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
<a href="#">Safe Sleep</a>	completed	11/10/2016	01/14/2016	<a href="#">Available here</a>

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

# Recursos y ayuda sobre Safe Sleep

- La página del internet de DEL también incluye una sección titulada **Safe Sleep Practices** donde encontrará las definiciones y las regulaciones sobre seguridad para acostar a dormir a los bebés. Cualquier persona puede tener acceso a la siguiente página:  
<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](#)



Comuníquese con los servicios de apoyo de MERIT para ayuda con:

- Preguntas sobre registración en la página de [www.DELtraining.com](http://www.DELtraining.com)
- Reportes de asuntos técnicos con la página de DEL Training o la capacitación
- Reportes de capacitación de Safe Sleep que todavía no aparece en MERIT después de 30 días

[MERIT@del.wa.gov](mailto:MERIT@del.wa.gov) o (866) 482-4325 opción 5