


How to Take Safe Sleep Training

- Go to www.del.wa.gov/helpful-resources/health-and-nutrition/safe-sleep
- On this page, you can view helpful documents, Safe Sleep FAQs, and be taken to the annually required training by clicking on the DEL Training link .
- You can also go directly to the training portal to register and take the training at www.deltraining.com (see next page of this guide).

Safe Sleep



 [Subscribe](#)

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 \(Spanish\)](#)

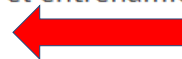
Licensed providers, to meet your health and safety requirement, please go here: [DEL Training](#).



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.

- [Safe Sleep Required Annual Training-Frequently Asked Questions](#)
- [Safe Sleep Instructions \(English\)](#)

Para cumplir con los requisitos de salud y seguridad para el entrenamiento a dormir seguro, por favor haga clic aquí: [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.

- [Capacitación Anual Requerida sobre la Seguridad para Acostar a Dormir a los Bebés-Preguntas Frecuentes](#)
- [Cómo completar la capacitación de Seguridad para Acostar a Dormir al Bebé \(Safe Sleep en inglés\)](#)

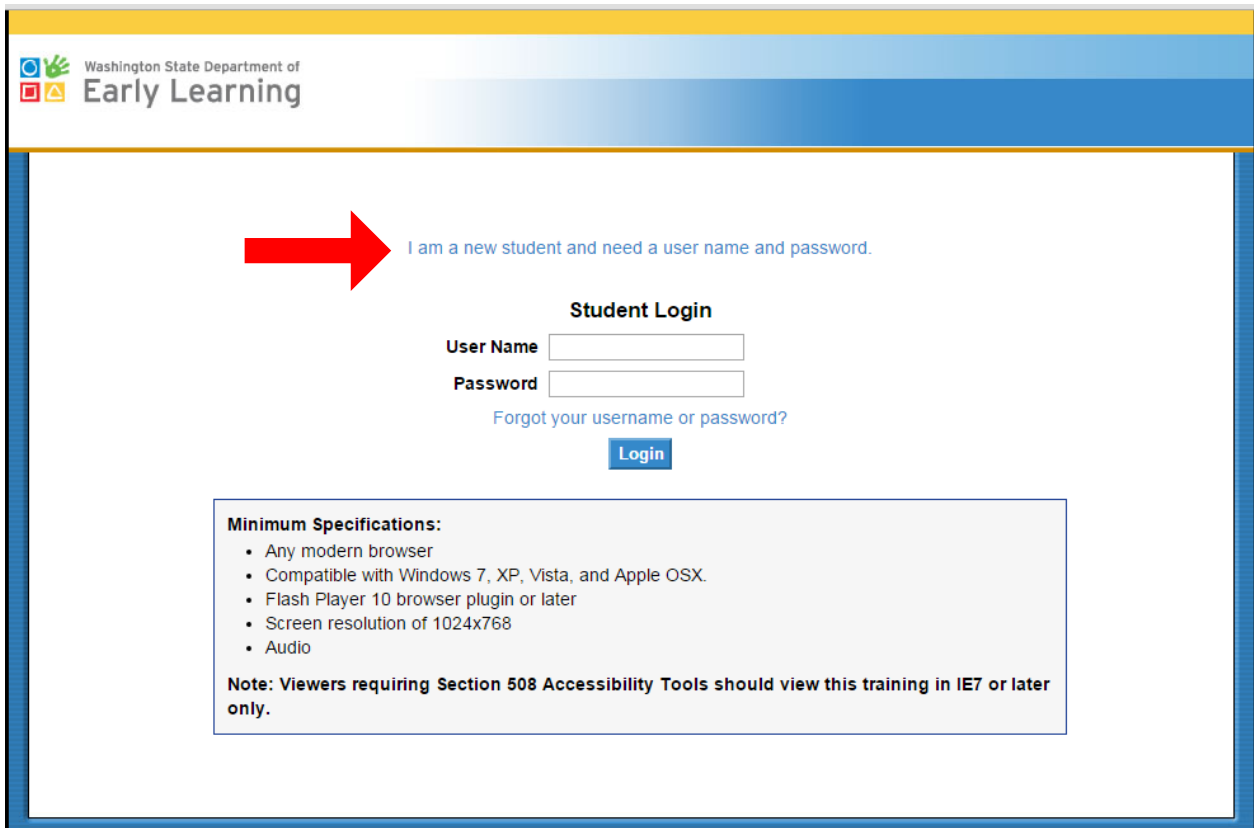
More information:

- [Sudden Infant Death Syndrome - Centers for Disease Control](#)
- [Safe Sleep Printable Card \(English\)](#)
- [Safe Sleep Printable Card \(Spanish\)](#)
- [Safe Sleep Rules in Development](#)
- [Safe Sleep Training \(English\) \(For the General Public\)](#)
- [Safe Sleep Training \(Spanish\) \(For the General Public\)](#)

How to Register or Log In at DELTraining.com

1. Go to www.deltraining.com to login and begin the registration process.
 - 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 the Student Login section. You can click the ‘Forgot your Username and Password?’ link to recover your username or password.

This is the first screen you will 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?](#)

[Login](#)

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 filling in the necessary information. If you do not have a STARS ID, any 9 digit number will work.

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

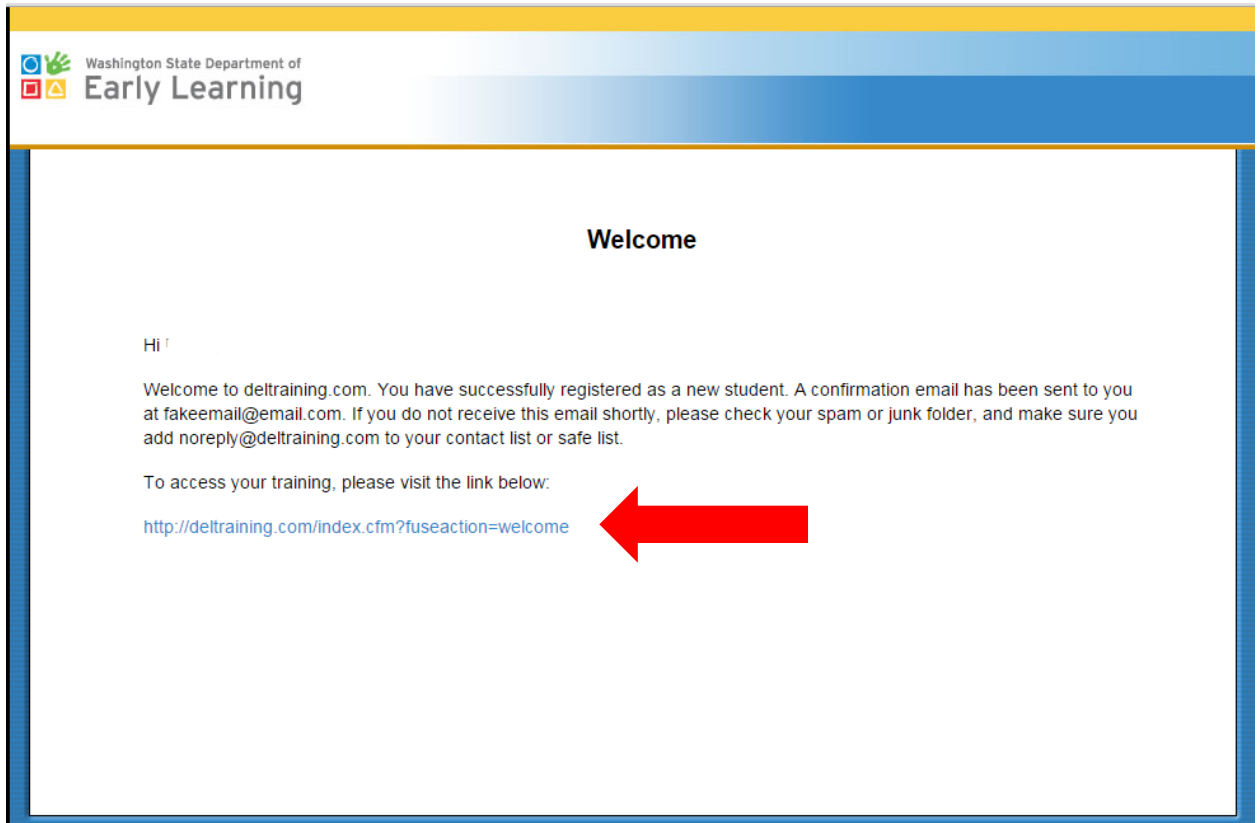
Password

Confirm Password

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 will be taken to the welcome screen where you can click the link to access your training. You will also be emailed your username, password, and a link to the login page.



Signing Up for Safe Sleep Training

4. Next, you will see the DEL Online Training Modules page. To find the Safe Sleep training, click 'course catalog' at the bottom of the page.

DEL Online Training Modules

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

Leslie Smith's Incomplete Programs				
Program Name	Status	Due Date	Complete Date	
<input type="checkbox"/> Foundational Health and Safety Training	Incomplete	04/04/2018		
Courses in Foundational Health and Safety Training				
Course Name - Click to launch	Status	Due Date	Complete Date	Certificate
Safe Sleep	In progress	04/04/2018		Unavailable

Leslie Smith's Completed Programs				
Program Name	Status	Due Date	Complete Date	
<i>No complete courses.</i>				

Register for courses using the [course catalog](#)



Minimum Specifications:

- Any modern browser
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Signing up for Safe Sleep Training

5. To find the Safe Sleep training, click the plus sign (+) under Foundational Health and Safety Training.

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: [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.

+ [Show/Hide Courses](#)

Program: [Foundational Health and Safety Training](#)

These classes cover foundational content for Health and Safety Practices in Early Care and Education Settings. They provide information to assist in compliance of licensing requirements and NO STARS credit is given upon completion.

+ [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. The drop down list will show Safe Sleep. Click the check box to the left of the title then click the 'Enroll and Register' button at the bottom of the page.

Program: **Foundational Health and Safety Training**

These classes cover foundational content for Health and Safety Practices in Early Care and Education Settings. They provide information to assist in compliance of licensing requirements and NO STARS credit is given upon completion.

- Show/Hide Courses

<input type="checkbox"/>	Immunizations in Child Care	+
<input type="checkbox"/>	Mandated Reporter: Recognizing and Reporting Child Abuse and Neglect	+
<input checked="" type="checkbox"/>	Safe Sleep	+
<input type="checkbox"/>	Clase sobre la seguridad para dormir a los bebés	+

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

Training specifically designed for ECEAP staff and contractors.

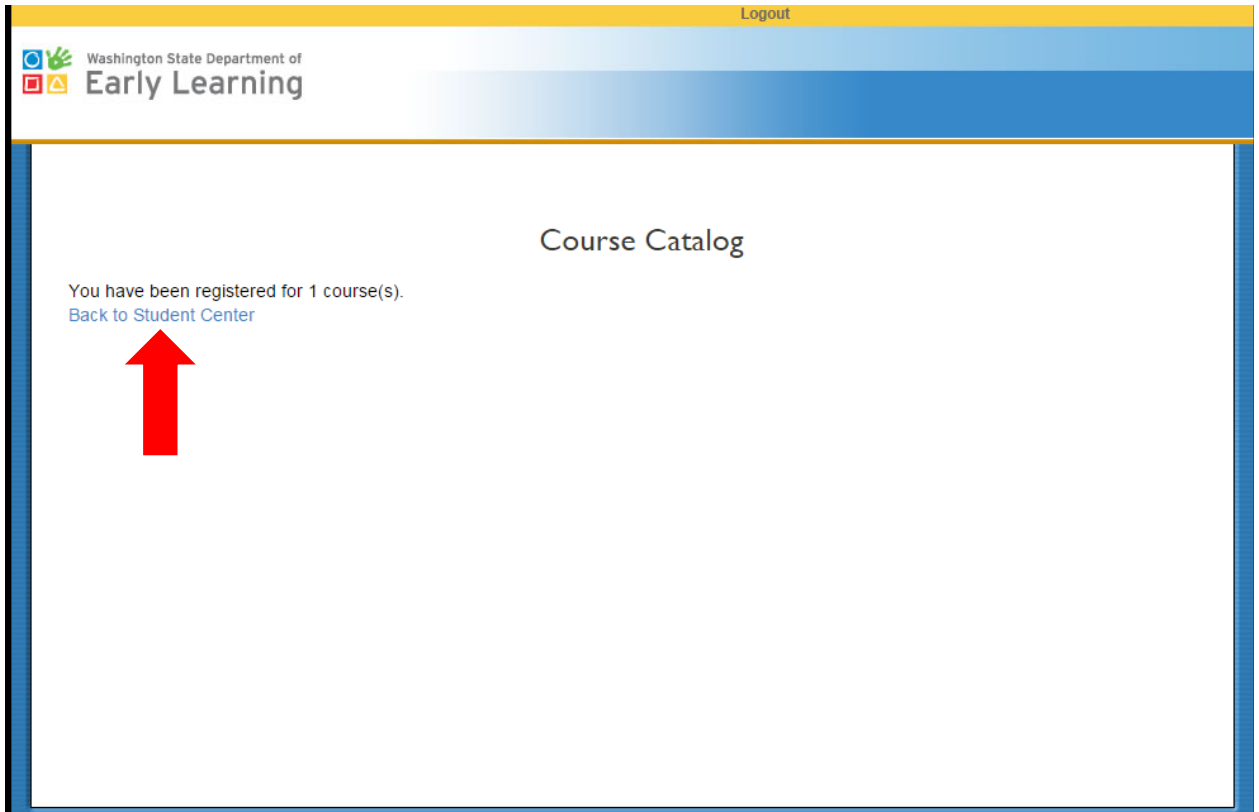
+ Show/Hide Courses

Enroll and Register



How to Take the Safe Sleep Training Course

8. You're now registered. Click the 'Back to Student Center' link to find the course.





The screenshot shows a web interface for the Washington State Department of Early Learning. At the top, there is a yellow navigation bar with the text "Logout" on the right. Below this is a blue header bar containing the department's logo and the text "Washington State Department of Early Learning". The main content area is titled "Course Catalog" and displays the message "You have been registered for 1 course(s)." followed by a blue hyperlink "Back to Student Center". A large red arrow is positioned below the link, pointing upwards to highlight it.

How to Take the Safe Sleep Training Course

9. At the Student Center page, you will now see the Safe Sleep training listed under your courses with a status of '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.

Leslie Smith's Incomplete Programs				
Program Name	Status	Due Date	Complete Date	
 Foundational Health and Safety Training	incomplete	04/04/2018		
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 Safe Sleep	not started	04/04/2018		Unavailable

Leslie Smith's Completed Programs			
Program Name	Status	Due Date	Complete Date
<i>No complete courses.</i>			

Register for courses using the [course catalog](#)

How to Take the Safe Sleep Training Course

10. You made it! This training requires audio so make sure your audio works and is turned on.

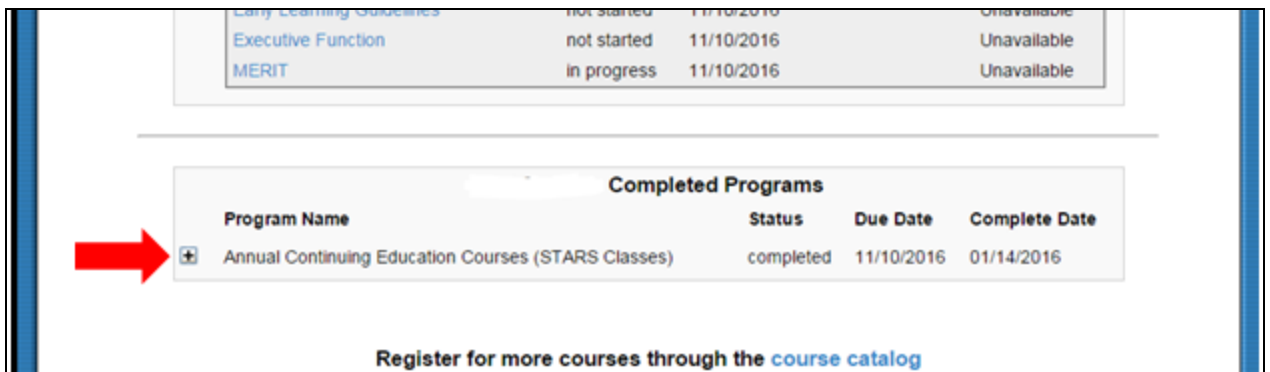


After the course is completed, you can click on the X on the top left of your browser to close the page. You will be taken to the training home page (Student Center). Refresh the page so that it will re-load information by clicking the refresh icon in or near the page address in the browser address bar:



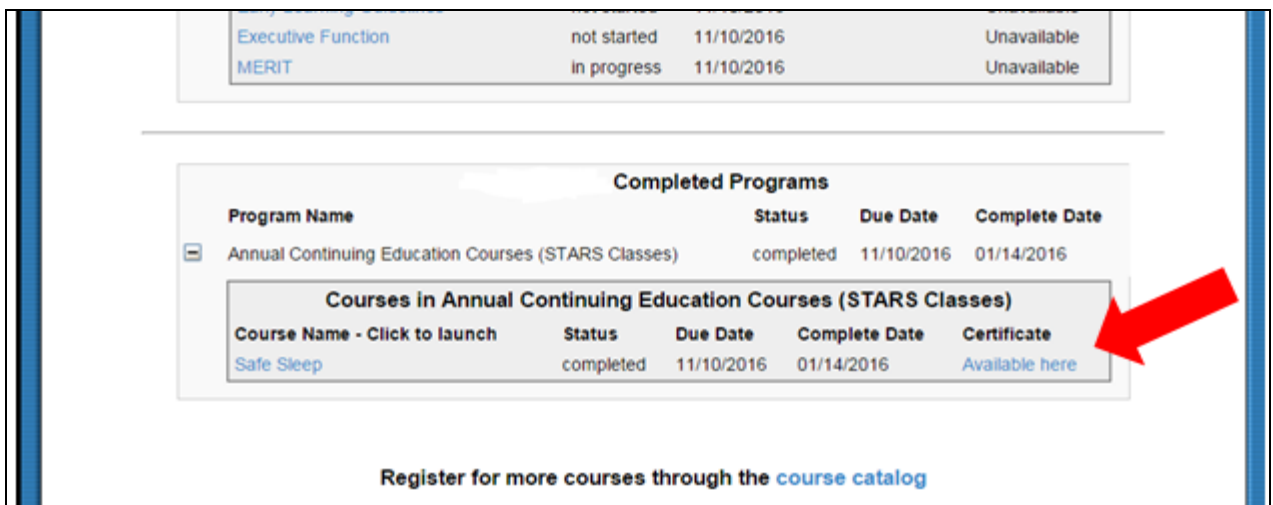
How to Access Your Certificate of Completion

- On the Student Center page, you will see a section near the bottom of the page titled 'Completed Programs'.
- Click on the plus sign (+) next to Foundational Health and Safety Courses. The Safe Sleep training will be listed there with a completion date.
- Click on the 'Available here' link 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 will show the completed training within two weeks.



Completed Programs				
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](#)



Completed Programs				
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
Safe Sleep	completed	11/10/2016	01/14/2016	Available here

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. Visit the Infant Safe Sleep Practices page here: <https://del.wa.gov/laws/development/InfantSafeSleep>

Infant Safe Sleep Practices



On December 7, 2016 DEL filed a proposal statement of inquiry in anticipation of incorporating current health and safety standards in its rules that instruct early learning providers on safe sleep practices.

This rule making is part of a larger effort to develop rules to implement a single set of licensing standards for child care and the early childhood education and assistance program as directed by Section 3, Chapter 7, Laws of 2015, 3rd sp. sess. The safe sleep related rule making is proceeding separately because DEL believes that rules related to safe sleep standards are critical to the safety of children and need to be enacted before the rule making to align standards is expected to be completed.

Proposed rules were filed February 13, 2017 for publication in the March 1st edition of the State Register. A March 23 hearing is planned at 10:00 AM in Cascade Conference Room 130, 1110 Jefferson Street [DEL State Office], Olympia, Washington. Comments on the proposed rules may be made at the hearing or emailed to rules@del.wa.gov. March 23 is the last day that comments will be accepted.

Related documents:

- [Preposal statement of inquiry](#)
- [Draft rule language - working drafts circulated on January 12, 2017](#)
- [Notice of March 23, 2017 hearing](#)
- [Proposed rules filed February 13, 2017](#)

How to participate in DEL's rule making:

1. Online: [DEL Rules Comment webpage](#). Click "add comment" to give your input, or "view comments" to read what others have said. (This is a moderated page and comments are released periodically during business hours.)
2. [Email](#) the Rules Coordinator
3. Mail to Rules Coordinator, P. O. Box 40970, Olympia, WA 98504-0970

Interested in learning more about DEL rules? Receive information about current rules, draft rules and notices of rule changes:

- [Sign up for email notification of rules changes.](#)

Need additional help? 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