

# Infant Sleep Position: Discerning Knowledge From Practice

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**Objective:** To determine decision-making factors for infant sleep position among low-income parents and other relatives. **Methods:** Data were collected from 18 focus groups conducted with low-income parents and relatives of infants across the state of Missouri. **Results:** That the decision-making process regarding infant sleep practices was complex. **Conclusions:** Although most

participants are familiar with the “Back to Sleep” campaign, there was a lack of understanding over why nonprone sleep is necessary, and the change in this message over time added to the parents’ uncertainty.

**Key words:** SIDS, Back to Sleep, low-income, parental decisions, sleep position

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