Matching Memory Game

Instructions

This game is intended as an **ice breaker** for use during the train-the-trainer session of the ***DSHS Let's Talk Safe Infant Sleep Community Training***. The cards can be printed on card stock and should be provided to each participant.

1. Ask participants to find a partner and introduce themselves.

2. Instruct participants to lay one set of cards out on the table with the symbols face down.

3. Set a short (2-3 minute) timer and instruct participants to take turns flipping two cards face up.

   - If the pair is a match the person can collect that pair in their "win stack" and take another turn.

   - If the pair is not a match, the person will flip the cards face down and let their partner have a turn.

4. Explain that participants may not understand all the symbols on the cards, but the goal is to match the most pairs by the end of time.

5. When the timer rings ask participants to count their "win stack" pairs.

6. Share the ***DSHS Safe Infant Sleep Environment Infographic*** with participants to identify their winning sets.

7. Ask participants to introduce the partner they played with – then identify and share a symbol from their "win stack" that they would like to learn more about during the training.

8. Ask participants to keep their "win stack" to use later in the training.

Teach-back activity:

Included in the class agenda and training presentations is an opportunity for participants to partner up and practice the Let's Talk Approach near the end of training.

1. Ask participants to find a partner and chose 1-3 of their matched pairs from the Ice Breaker Memory Game to use as topics in their practice.

2. Provide ample time and remind participants they may use any materials in the ***Let's Talk Safe Infant Sleep toolkit*** to support their conversation.

TEXAS
Health and Human Services

Texas Department of State Health Services

Matching Memory Game

Key of Symbols for Game Play

	Back to Sleep		Avoid Monitors
	Sleep Surface		Avoid Devices
	Breastfeeding		Tummy Time
	Room Sharing		Swaddling
	Clear Crib		Sleep Behavior
	Pacifiers		Baby Crying
	Smoke- and Vape- Free		Feeding Cues
	Avoid Alcohol and Drugs		Sleep Training
	Overheating		Emergencies
	Regular Prenatal Care		Special Health Conditions
	Regular Baby Check Ups		

Texas Health and Human Services

Texas Department of State Health Services

Sleep Surface	Sleep Training	Breastfeeding
Regular Baby Check Ups	Clear Crib	Tummy Time
Pacifiers	Avoid Devices	Smoke- and Vape-Free
Swaddling	Avoid Alcohol and Drugs	Avoid Monitors

Sleep Surface	**Sleep Training**	**Breastfeeding**
Regular Baby Check Ups	**Clear Crib**	**Tummy Time**
Pacifiers	**Avoid Devices**	**Smoke- and Vape-Free**
Swaddling	**Avoid Alcohol and Drugs**	**Avoid Monitors**

Feeding Cues	Emergencies	Special Health Conditions
Overheating	Sleep Behavior	Baby Crying
Room Sharing	Back to Sleep	Regular Prenatal Care

Feeding Cues

Emergencies

Special Health Conditions

Overheating

Sleep Behavior

Baby Crying

Room Sharing

Back to Sleep

Regular Prenatal Care