

The First Tuesday of Every Month

Infant Safe Sleep

Zoom workshops

Free Virtual Infant Safe Sleep Workshops for Parents and Caregivers

Workshops provide expert guidance on

- Applying infant safe sleep practices, including where and how infants should sleep and the reasons behind these recommendations
- Addressing caregiver needs through shared perspectives, peer support, myth-busting, and problem-solving
- Creating a safe sleep environment by recognizing risks, removing hazards, and balancing comfort with safety
- Managing infant night awakenings and caregiver exhaustion
- Dressing infants appropriately for cold weather and selecting safe, weather-appropriate sleep clothing
- Accessing free tools and information to support ongoing safe sleep practices

Infant Safe Sleep Workshops

10:00am
Zoom
workshops
*The first Tuesday
of every month*



For more information on Infant Safe Sleep, visit nyc.gov/safesleep.