



Infant Safe Sleep Workshops

Keep Baby Warm & Safe During Sleep This Winter!
Free Virtual Infant Safe Sleep Workshops for Parents and Caregivers

The ongoing Zoom workshops provide expert guidance on:

- Safe infant 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

Join us for tips to keep your baby warm, safe, and supported this winter!

January 6
February 3
March 3

10:00am
Online Sessions

