



Ready, Set, Sleep!

...a program to help moms keep infants safe and secure during their first months

Doctors recommend that infants sleep close to their moms for the first six months, but in their own safe sleep environment. If you need help providing a safe place for your infant to sleep in a room with you, this program is for you!* At a **Ready, Set, Sleep!** class, you'll learn the basics of safe sleep, CPR and choking procedures for infants, and other important baby care information for new moms. Best of all, the training session will end with a demonstration of how to assemble and use your new safe for sleep play yard to take home with you!**

* **Referral and pre-registration is required.** After receiving referral form, call 202.4302 to reserve a spot in the class. Bring referral form to class with you for admission.

** Transportation to and from the class will be needed.

THE PLAYERS Center for Child Health
Metro Square Office Park, E-502
3563 Philips Highway
Jacksonville, Florida

Referral and pre-registration is required.
For information call 202.4302.

wolfsonchildrens.org/readysleep

