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.