

Central Virginia Health District **SAFE SLEEP** **PROGRAM**



What is the Safe Sleep Program?

This program aims to prevent infant sleep-related deaths by educating parents and caregivers on the importance of practicing safe sleep for their babies. This program provides FREE portable cribs to families who, otherwise, cannot afford a safe place for their babies to sleep. This class lasts approximately 30 minutes.

Who is eligible?

You must receive WIC / Medicaid or meet income criteria. Individuals may apply for the program during the 3rd trimester or if your child is younger than 1 year old. The child must weigh less than 30 pounds and be less than 32 inches in length. There must be no other safe sleeping arrangement for your baby.

Eligible participants will be contacted, please be advised there may be a waitlist.

SIGN UP TODAY:

**Call: (804) 380-0770
OR
SCAN THE QR CODE TO
FILL OUT AN
APPLICATION**



More ways to find CVHD:

Email: AskCVHD@vdh.virginia.gov

Website: www.CVHD.org