Learn how to protect your baby from Infant Sleep Related-Death by following the ABC’s of INFANT SAFE SLEEPING

- Understand the risk factors and how to reduce them.
- Learn how to prevent Infant Sleep-Related Deaths by following the Infant Safe Sleep recommendation and the ABC’s.
- Learn how to create safe sleeping environments

The Mutual Assistance Network Presents

ABC’s of INFANT SAFE SLEEPING

Birth & Beyond

Location:
Firehouse Community Center
810 Grand Ave
Sacramento, CA 95838

When:
May 22, 2019
June 26, 2019
July 24, 2019
August 28, 2019
September 25, 2019

Time:
Combined English & Español
4:00pm-5:00pm

Pre-Registration required.
For more information contact us at:
(916) 567-9567

Funding for Mutual Assistance Network Birth & Beyond Family Resource Center is provided by the First 5 Sacramento Commission which uses Proposition 10 (tobacco tax) funds to support the healthy development of children ages zero to five. Additional information about the First 5 Sacramento Commission is online at www.first5sacramento.net or by calling 916-876-5865.
ABC’s de Sueño Seguro

La instrucción de la clase se ofrecerá en combinación de Ingles y Español

Pre registro requerido.
Favor de comunicarse al Centro Comunitario Firehouse
(916) 567-9567

Día: El Cuarto Miércoles
22 de Mayo
26 de Junio
24 de Julio
28 de Augusto
25 de Septiembre

Hora: 4:00pm-5:00pm

Los factores de riesgo y cómo reducirlos.

Cómo prevenir las muertes infantiles relacionadas con el sueño, siguiendo las recomendaciones infantil de sueño seguro y la cadena ABC.

Cómo crear un ambiente seguro para los niños durante la hora de dormir.

La Mutual Assistance Network Presenta

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