Please contact the Collaborative located in your Ward to get additional information and resources on Safe Sleep DC and to sign up for a Workshop:

<table>
<thead>
<tr>
<th>Collaborative</th>
<th>Ward(s)</th>
<th>Phone</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Collaborative Solutions for Communities</td>
<td>1 &amp; 2</td>
<td>202-518-6737</td>
<td><a href="http://www.wearecsc.org">www.wearecsc.org</a></td>
</tr>
<tr>
<td>East River Family Strengthening Collaborative, Inc.</td>
<td>7</td>
<td>202-397-7300</td>
<td><a href="http://www.erfsc.org">www.erfsc.org</a></td>
</tr>
<tr>
<td>Far Southeast Family Strengthening Collaborative, Inc.</td>
<td>8</td>
<td>202-889-1425</td>
<td><a href="http://www.fsfs.org">www.fsfs.org</a></td>
</tr>
<tr>
<td>Georgia Avenue Family Support Collaborative</td>
<td>3 &amp; 4</td>
<td>202-722-1815</td>
<td><a href="http://www.gafsc-dc.org">www.gafsc-dc.org</a></td>
</tr>
</tbody>
</table>

The main purpose of Safe Sleep DC is to educate mothers, fathers, grandmothers, baby-sitters and home-care providers on the importance of placing your babies to sleep alone on their backs and in their own crib.

**THE SAFE SLEEP PROGRAM PROVIDES:**

- A public awareness campaign
- SIDS Risk Reduction and Safe Sleep Practices Workshops
- Demonstrations of what a “Safe Sleep Environment” looks like
- One-on-One and group education and support services for parents
- Safety-approved Pack 'n Play provided to parents with newborns and children up to 1 year old. Other resources also available.

**WWW.SAFESLEEPDC.COM**

**KEEP YOUR BABY SAFE DURING SLEEP**

I sleep safest

A ALONE

B on my BACK

C and in my own CRIB
DO put your baby on his or her back to sleep at nap and night time.

DO place your baby in a Pack ‘n Play or safety-approved crib.

DO keep your baby’s face and head clear of blankets and other coverings during sleep time.

DO make sure the air your baby breathes is smoke free.

DON’T put your baby on his or her stomach to sleep.

DON’T let your baby sleep in the bed with you, siblings or other family members.

DON’T put your baby to sleep on pillows, cushions, sofas, chairs or in car seats.

DON’T put toys, stuffed animals or pillows in the crib with your baby.

DON’T cover the crib or your baby’s face with blankets.

DON’T make your baby too hot; what’s comfortable for you will be good for your baby.

**KEEP YOUR CHILD SAFE**

**Babies Need Supervised Tummy Time**

Remember, anyone taking care of an infant should know the best way to put your baby to sleep.

#SafeSleepSavesLives