



KIDS CENTRAL, INC.®
Building Better Lives



Baby Sleep Basics: Safe Sleep Education

Co-Sleeping, SIDS and SUIDS Informational Training



"So hard to wake a sleeping baby" by Caitlin Regan is licensed under [CC BY 2.0](#)

Providing a safe sleeping environment is
as SIMPLE as **A-B-C!**

Place your infant to sleep

Alone
on their **B**ack
in a **C**rib



Baby Sleep Basics

A free educational program provided by Kids Central to teach parents, caregivers and grandparents how to create a safe sleeping environment for your baby and reduce the risk of unsafe sleeping accidents.

Our goal is to **Help Keep Your Child Safe**

You may qualify for a free pack 'n' play. The Baby Sleep Basics Program is offered to families who reside in Citrus, Hernando, Lake, Marion and Sumter Counties. Families receive SIDS and safe sleep education applicable to children under one year of age.

If income and eligibility requirements are met, the family may qualify for a free pack-n-play. In addition, the child must be under 12 months and without a crib or pack 'n' play.

For more information or to register,
please contact

Kimberly O'Laughlin at 352-387-3549 or
Safesleep@kidscentralinc.org

