



## Baby Bed Program

Celebrate the birth of your new baby with a free Baby Bed!

Island Health and Nuuchahnulth nursing are partnering with WCGH Ladies Auxiliary, WCGH Foundation and other generous contributors to promote safe sleep for babies along the West Coast of Vancouver Island

The Canadian Pediatric Society recommends that the safest place for a baby to sleep is in a crib, bassinet or cradle in the same room as their parent. The Baby Bed promotes safe sleep by providing a safe place for the baby to sleep close by the parent.

**ALL families living in Port Alberni, Tofino, Ucluelet & outlying areas who have a new baby or who are pregnant are eligible to get a free baby bed while supplies last.**



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## The goals of the **Baby Bed** program are:

- Increase your awareness and practice of safe sleep for your baby
- Provide a safe bed your baby can use
- Give an opportunity to connect with your public health or community nurse
- Celebrate the birth of your new baby

Along with the Baby Bed you will also get:

- Foam mattress with waterproof cover
- Fitted cotton sheet
- Pair of mittens
- Halo sleep sack
- Axillary thermometer
- Onesies
- Baby socks
- Terry cloth bib
- Organic wash cloth
- Organic burp cloth
- And more . . .

### How do you get a Baby Bed?

It's easy! Register with Right from the Start program at [rightfromthestart@viha.ca](mailto:rightfromthestart@viha.ca) and a public health nurse will contact you or call your local health unit or maternity care provider

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