



"I am a first-time mom, and no one tells you how to keep your baby safe, they just expect you to know! There are so many things parents don't teach you, this was one of them for me."  
~Eliana

Throughout my time here, working with the Black Infant Health Family Health Advocate has been a joy. She's been assisting me with resources and providing me with support which has really allowed me to stay focused on what's important. When my little one was born, I did the Sleep Safe Baby workshop and the information I learned has been amazing. I didn't know about crib safety and SIDS in detail but following the course I started implementing the safe sleep practice immediately.

Overall, I'm super glad that I'm a part of this program and believe it really has enriched my life and empowered me to take on any situation that may come my way.