Cut each message apart, laminate, add velcro to the back. Use with the “Sweet Dreams” poster in Section 2 of the Secrets of Baby Behavior class

I will be very smart

I will wake up if I need your help

I will develop a healthy body
Cut each message apart, laminate, add velcro to the back. Use with the “Sweet Dreams” poster in Section 2 of the *Secrets of Baby Behavior* class

I promise I will wake up less and less as I get older

I will have less of a chance of dying from SIDS