

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**