

Cut each message apart, laminate, add velcro to the back. Use with the “my baby wakes up so much at night” poster of the *Breastfeeding: The Gift of Love* class

**I will be very
smart**

**I will wake up if
I need your help**

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**I will develop a
healthy body**

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

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**I will have less
of a chance of
dying from SIDS**