Cut messages into strips, laminate, and Velcro the back. Use with Understanding Your Baby’s Sleep poster in Section 5 of the Understanding your baby class.

Babies’ brains are growing and developing.

Babies dream.
Cut messages into strips, laminate, and Velcro the back. Use with Understanding Your Baby’s Sleep poster in Section 5 of the Understanding your baby class

Blood and nutrients go to baby’s brain

Babies wake up easily
Cut messages into strips, laminate, and Velcro the back. Use with Understanding Your Baby’s Sleep poster in Section 5 of the
Understanding your baby class

Babies look like they are sucking once in awhile

Babies might startle
Babies take longer to wake up

Babies don’t move very much