

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

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Blood and nutrients
go to baby's brain

Babies wake up
easily

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Babies look like they
are sucking once in
awhile

Babies might startle

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Babies take longer to
wake up

Babies don't move
very much