

Dear family,

I know I'm a lot to handle but I wanted you to know everything you do for me matters, how you hold me close when I'm scared, how you rock me when I'm cranky, and **how you put me to bed on my back in my own space for every nap and every night.** You can keep me in the same room as you so I'm close by when I need you.

It's the safest way for me to sleep and I know it gives you peace of mind.

With love from your new baby.



Scan the QR code for a sweet video about safe sleep from a baby's perspective.



Babies
NEED TO
Breathe

ON THEIR BACK - EVERY NAP. EVERY NIGHT.