

help your baby sleep safely

*If you think you might fall asleep while feeding your baby, **plan ahead:***

- Remove soft pillows and blankets from your bed.
- Set an alarm.
- Ask someone to keep you company or call to wake you up.
- Move your baby to their crib as soon as you wake up.

— Lay your baby on their back, —
in a crib for naps and at night.



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Breastfeeding Tip



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