



How well you sleep affects how well they sleep.

- ◆ While baby is sleeping, take a moment to rest.
- ◆ Try not to skip meals and remember to drink plenty of water.
- ◆ Keep a list of chores others can help with when they ask.

Preparing and planning can help ease the worry so when you pause, you can rest.

You choose what's best. Find resources at hmhb-mt.org

Safe Sleep: Learn • Plan • Provide