


Have you heard the Safe Sleep Seven Bedsharing song by La Leche League?



*No smoke, sober mom
Baby at your breast
Healthy baby on his back
Keep him lightly dressed.
Not too soft a bed
Watch the cords and gaps
Keep the covers off his head
For your nights and naps.*

Sing this to the tune of “Row, Row, Row Your Boat,” and never forget how to keep baby safe.

Find more safe sleep tips at hmhb-mt.org

Safe Sleep: Learn ♦ Plan ♦ Provide



Healthy Mothers,
Healthy Babies
The Montana Coalition

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