



NEWBORNS AND SLEEP

Teaching healthy sleep habits in the first 6-8 weeks

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Help baby learn days vs nights; when it's time to sleep, keep the room dark. When it's time to be awake, open the blinds and let baby see the sunshine!

Encourage good, full feedings. No need for a feeding schedule. If baby is hungry, feed!

Use a swaddle when baby sleeps to help keep baby warm and help keep baby from waking up from the startle reflex.

Establish a short bedtime routine to let baby know that it's time to sleep. Start with a bath or wipedown, ensure a full feeding and end with a short book or quiet song.

Keep awake times short; 45-60 minutes is all a newborn needs before it's time to take a nap!

Need help implementing these tips? Contact us to learn more about Baby Sleep 101 class or multi-week support options for your newborn!

www.sleepsolutionsbychristine.com