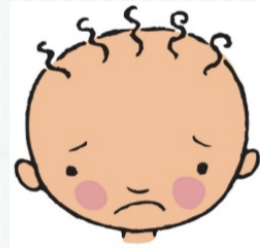


Infant Sleep Guide

The F.U.S.S.Y. Baby Program



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5 Common Sleep Myths

Parents of a newborn get a lot of advice. It can be confusing to know what is reality.

Myth: "You can control when and how long your newborn sleeps"



Reality: Newborn babies fall asleep when they are ready. Infants wake up when they are hungry, wet, upset or ready to wake up.

Myth: "It is OK to put your baby to sleep on his side"



Reality: Newborns should ALWAYS be put to sleep on their backs to avoid the risk of SIDS.

Myth: "A nap in a carseat or stroller does not count"



Reality: If your child is sleeping soundly it counts. However, it is best to keep to a predictable nap routine and location.

Myth: "Swaddling a fussy baby is outdated advice"



Reality: When done correctly swaddling can help to soothe and calm an infant.

Myth: "Adding rice cereal to bedtime bottle helps babies sleep through night"



Reality: There is no proof that this helps promote sleep, although giving a bottle or breastfeeding before bedtime can be helpful.

