

Infant Sleep Guide

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



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5 ways to help your infant sleep :

Sleep helps your baby in many ways. Getting enough sleep supports your infant's growth, development and mood.



1. Establish a Bedtime Routine

Determine a routine that works for you and then stick to it. Predictability is important to infants. Routines should include quiet activities that promote sleep: quiet game, brushing teeth, putting on pjs, read a book, cuddling or infant massage.

2. Calm Environment

Create an environment that supports sleep. Just like adults, infants need a calm, quiet space to sleep. This can include: low or limited noise, soft music, no or little light, comfortable temperature.



3. Napping & Early Bedtime



The better your baby naps during the day, the better baby can settle and sleep at night. If your baby is overtired at bedtime then it makes it hard for your baby to settle down, relax and sleep well at night.

4. Support Healthy Sleep

As your baby gets older, begin putting her to bed when she is drowsy, not when she is fully asleep. Learning your baby's sleep cues: rubbing eyes, yawning, snuggling into you, will help your recognize when she is drowsy. This way your baby will eventually learn to soothe herself to sleep.



5. Don't Make Bedtime Stressful

If your child is overstimulated or having sleep issues bedtime can be difficult. Re-assess your bedtime strategies and adjust if necessary. Sometimes a child's needs change or we fall out of our routine.

