

# How to Sleep Like a Baby

It can be tough to get your baby to sleep while also making sure that they are put to sleep safely. And, if your baby isn't getting enough sleep, odds are Mom and Dad aren't getting much sleep either. Here are some practical tips to help your baby get the rest they need so that you can also!



## Set a Routine

Try to keep a wake, eat, play, and sleep routine. This will help your baby develop a schedule and avoid too many daytime naps.



## Breastfeed

This intimate time with mom is soothing to your baby and will put them in a calm state of mind. A full belly also helps trigger drowsiness! Just make sure baby returns to their own crib or portable crib after breastfeeding. For the first six months, babies sleep best when their crib is located in the same room with Mom and Dad. After baby is used to breastfeeding, a pacifier can also help soothe baby to sleep.



## Warm Bath

A warm bath will put your baby in a restful state so that they are ready for bed when bath time is over.



## Swaddle

Swaddle your baby with a sleep sack or blanket. Make sure their hands are either hugging themselves or up to their face and that the blanket is not loose. Swaddling helps your baby feel safe and sleep longer. Swaddling should stop before the baby is two months old or is able to start rolling.



## Gentle Rocking

Gentle rocking and humming while your baby is swaddled is very calming. Your baby might even fall asleep while you rock. Just be sure to move them to a crib and always follow the safe sleep rules!



## KNOW THESE SAFE SLEEP RULES



Babies should **ALWAYS** sleep on their backs.



Keep baby's environment **SMOKE-FREE**.



There should be **NOTHING** in the crib with your baby.



In treatment or using? Get someone **SAFE** to watch baby.



Babies should **NEVER** sleep in a bed with anyone.