



## General Tips Around Sleep

### 0-3 Months

#### **Put baby to sleep every 1.5-2 hours.**

- Give your baby a chance to nap after they have been awake for 1.5-2 hours so they don't get overtired.

#### **Respond to sleep cues.**

- When babies show sleep cues - like becoming less engaged, having a far-off stare, pulling on ears, rubbing eyes, or sudden, loud crying - slow things down and begin the sleep routine.

#### **Make daytime and nighttime different.**

- Daytime feedings and diaper changes can be lively, but keep things quiet and brief at night.

#### **Safe sleep**

- Your baby is safest sleeping on their back in a crib or bassinet.

#### **No such thing as spoiling.**

- Comforting your baby when they are upset or crying is important at this age because they need help to settle down and fall asleep. Babies this age cannot be spoiled.

---

### 4-11 Months

#### **Put baby down tired but awake.**

- This will allow them to practice falling asleep on their own.

#### **Early bedtime.**

- Going to sleep earlier can prevent baby from becoming overtired and help them sleep sounder and longer.

#### **Create a bedtime routine.**

- A consistent routine – like giving a bath, putting on pajamas, feeding, and reading a book – helps children predict what will happen next and helps them feel secure and in control of their world.

#### **Avoid naps on the go**

- Sleeping in a stroller or car can make a child dependent on motion for sleep and cause them to wake up more often when they are not moving.

---

### 1-5 Years

#### **Avoid screens before bed.**

- Using these devices can make it harder for your child to calm down and fall asleep.

#### **Stick to routines**

- Stick to a sleep routine to prevent new toddler requests (One more book? One more minute?) from disrupting bedtime

#### **Don't rush to a bed.**

- There is no need to transition out of a crib if your child is comfortable and not trying to climb out; transitioning too early can lead to bedtime issues and safety concerns.

#### **Keep up the nap!**

- Don't give up naptime all at once, but keep offering it, as long as it doesn't disrupt bedtime. When they can't sleep, let them have quiet time in their crib or bed.