



Lauren George
Family Support Specialist

laureng@childcareanswers.com
317.636.5727 ext. 248

What steps should I take to make my home a safe sleep environment?



Place the crib in an area that is always smoke free. Eliminate second and third hand smoke exposure.



Do not place any blankets, bumper pads, toys, etc. in the sleeping environment.



Put a tight-fitting sheet on your baby's crib mattress, and ensure it is firm.



If your baby is under 12 months, lay her on her back every time she goes to sleep.



Swaddle your infant with a safe swaddler until she is rolling over.



Never put the infant to sleep on a couch, sofa, or armchair.



Share a room for at least six months, with the infant sleeping in his own sleeping space outside of your bed.



Remove all bibs, pacifier cords, or WubbaNubs. Never place bottles in the sleep environment.

How often should my baby be sleeping?




Following infant sleep cues and awake windows is the best way for infants to sleep better and longer. Awake windows tell you how long a child can be awake before they start to get tired and need sleep offered.

	1 month	2-3 months	3-6 months	6-9 months	9-12 months	1-2 years
# of naps	3-5 naps	3-4 naps	3-4 naps	2-3 naps	2 naps	1-2 naps
Awake window	45-60 mins.	60 mins.	1.5 - 2 hrs.	2-3 hrs.	3-4 hrs.	4-5 hrs.




How do I know when my baby is tired?

These sleep cues are signs your baby gives when he/she is ready for sleep.

Early Cues	Mid Cues	Late Cues
		
<ul style="list-style-type: none"> • Averts eyes • Turns head • Stares blankly 	<ul style="list-style-type: none"> • Yawns • Rubs eyes • Pulls on ears • Fusses • Moves jerkily 	<ul style="list-style-type: none"> • Arches back • Becomes rigid • Makes fists • Cries

Do we really need to do tummy time?

Yes! Start from day one, laying baby on your chest while you are awake. Aim for at least 30 minutes per day on a firm, flat surface. Keep baby engaged by making it interactive for you and baby. Play peek-a-boo, look at books, sing songs, use a tummy time mat, and explore various toys. Tummy time helps muscle development in the neck, back, hips, legs, and arms and is critical for reaching developmental milestones like rolling over and crawling.



<p>HEAD AND NECK</p> <ul style="list-style-type: none"> • Prevents flat head syndrome • Strengthens neck muscles • Improves head control 	<p>BRAIN</p> <ul style="list-style-type: none"> • Sensory integration • Cognitive development • Environmental awareness
<p>BACK</p> <ul style="list-style-type: none"> • Posture strength • Back strength • Skeletal alignment 	<p>EYES</p> <ul style="list-style-type: none"> • Visual motor development • Depth perception
<p>HIPS AND LEGS</p> <ul style="list-style-type: none"> • Strengthens/develops hip muscles • Helps develop muscles for crawling 	<p>ARMS AND HANDS</p> <ul style="list-style-type: none"> • Strengthens/develops hip muscles • Helps develop muscles for crawling
<p>TUMMY</p> <ul style="list-style-type: none"> • Helps with tummy issues (gas, constipation) 	