

# ESTABLISHING A SOLID INFANT SLEEP ROUTINE



Many parents worry rocking or nursing baby to sleep will create poor sleep habits or "addictions" that are hard to break. Yes, rocking your baby to sleep may delay her learning to self-soothe and put herself to sleep (but she will learn these in time!), but these ritual also comfort & calm her and allow baby to drift off more easily. Luckily for you, these are easily weaned as your baby grows into a toddler/preschooler with little (if any) long term adverse effects. Enjoy the extra snuggles, and do not feel guilty about nursing your baby to sleep!

## 1 FOLLOW THE ABC'S OF SAFE SLEEP

Following the safe sleep recommendations set by the American Academy of Pediatrics ensures your baby is safest when sleeping. Place your baby on their back to sleep, alone, and in a crib. Avoid loose bedding, blankets, bumpers & stuffed toys and pillows.



## 2 UNDERSTAND AWAKE WINDOWS

Knowing how long babies of a typical age are awake before needing sleep gives you a clue into what time to lay them down next. Observe your baby's typical tendencies & use this chart to begin establishing a solid sleep-awake routine.

Awake Period by Age: 2-3 Months (60 minutes)    3-6 Months (1.5-2hrs)  
6-9 Months (2-3hrs)    9-12 Months (3-4hrs)



## 3 PRACTICE PREDICTABILITY

A calming bedtime ritual that follows a predictable pattern every night helps give your baby a heads-up that it's time for bed & is a great way to bond! This can look like a bath, massage, book, & breast or bottle in a room ready to welcome a sleepy baby.



## 4 UTILIZE COMFORT TOOLS

While blankets & lovies are not part of a safe sleep environment, a pacifier & white noise machine can be helpful. A sound machine drowns out background noise and sucking helps infants soothe and comfort themselves.

## 5 DON'T DISCOUNT DAYTIME SLEEP

Daytime naps and feedings play a big part in what happens at night. If baby gets too little or too much sleep during the day, it could throw bedtime out of whack. Utilize the awake windows to help guide daytime naps & watch your baby's sleep & feeding cues to give you clues into their natural rhythms.



## 6 CREATE A SMART SLEEP SPACE

A smart sleep space follows the ABC's of safe sleep, is dark & cool, and includes white noise. Each element cues baby that it's time for sleep and helps them get back to sleep on their own. Consistency is key.

## 7 GIVE IT TIME

Sometimes a sleep routine can take just two days to stick. Sometimes it can take weeks. Babies truly thrive when their life is consistent and they know what's coming next. Stick with it!



CHILD CARE ANSWERS

Looking to consult with an infant sleep expert on your baby's sleep routine? Complete our Family Info Form [Bit.ly/ccafamily](https://bit.ly/ccafamily) OR Text "care" to 833-222-1221

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