

Healthy Sleep Foundations for *babys*



Sleep Environment

Set your baby up for success by providing the perfect environment for sleeping. Baby should sleep swaddled in a bassinet in your room. There should be nothing in the bassinet with the baby. The swaddle should be tight enough that baby cannot wriggle out of it. The room temperature should be kept between 68-72 degrees. It should be very dark, and you should use a loud sound machine all night. Additionally, having a fan on for air circulation and using a pacifier both reduce the risk of SIDS.

0-6 Weeks

You're on no schedule! Soak up this time with your new baby. Rock and cuddle as much as you want.

Focus on getting good feeds. Keep baby awake by changing diaper, uswaddling, tickling toes, and/or using a wash cloth while feeding.

6-8 Weeks

Start establishing a bedtime routine.

Repeat the same familiar routine before putting baby down for the night.

Bedtime for a newborn can look like this: change diaper, jammies on, feed, swaddle, rock/sing. Put baby down very drowsy, but awake.

8-12 Weeks

Slowly work toward putting baby down less drowsy each night. The goal is to go from very drowsy at first to eventually putting them down fully awake by around 12-14 weeks. If baby cries when put down, wait 2-3 minutes before going in to soothe your baby.

Other Tips:

- Practice naps in baby's crib in their bedroom before moving them to their own room to help them acclimate.
- Try at least one nap a day in their bassinet or crib.
- Hold and cuddle your baby as much as you want!