

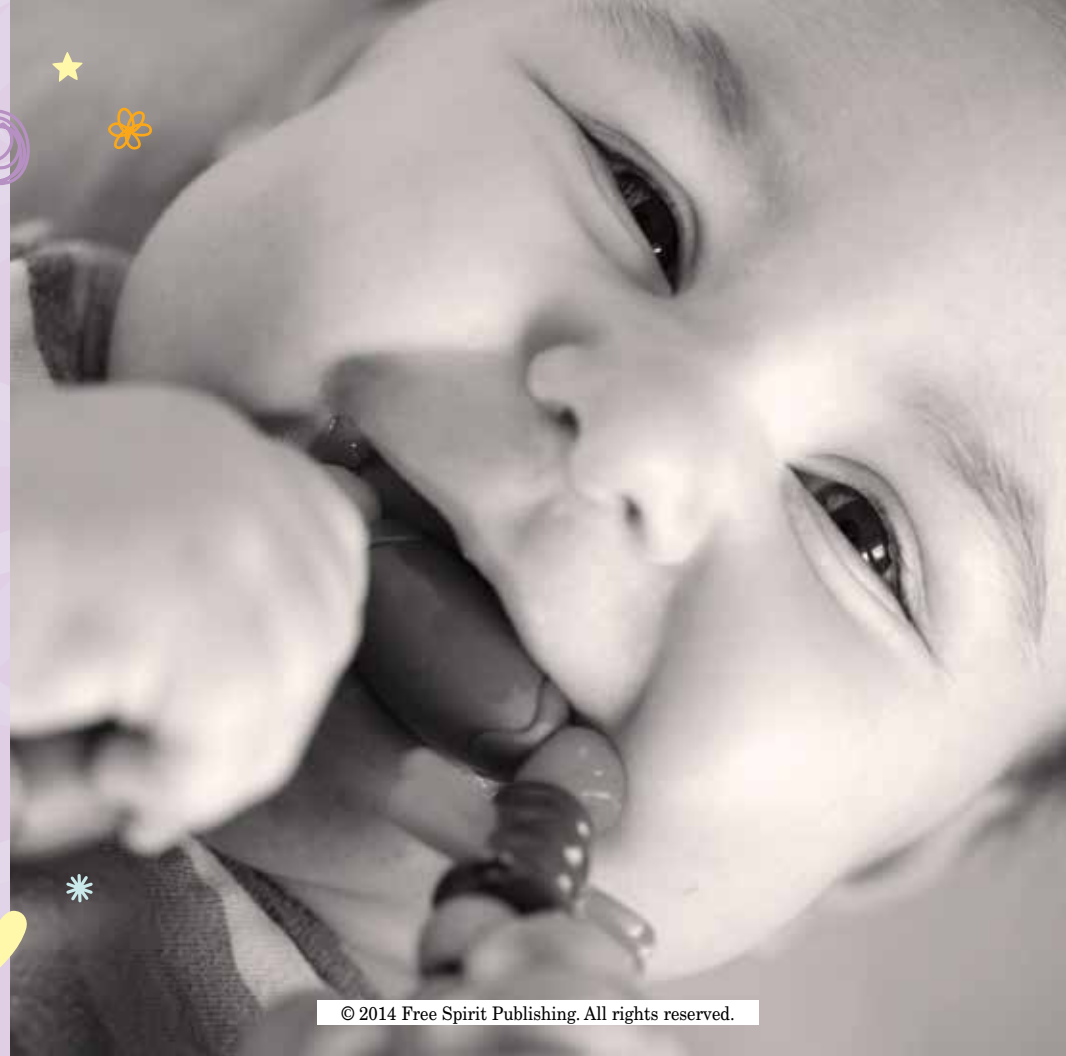
rest

Elizabeth Verdick
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Every day, in every way,
babies rest.



**Busy baby,
time to rest.**



Sleep Tips for Parents and Care Providers

- ♥ Although it may not seem that way, babies spend the majority of their time sleeping. A healthy baby is a well-rested baby. Physical growth occurs during sleep—and sleep is essential for brain development, too.
- ★ During the first 3 or 4 months of life, infants don't yet have natural sleeping rhythms, and their bodies aren't attuned to the difference between day and night. Most of their sleep occurs in short periods (two to four hours at a time).
- ♥ By 4 to 6 months, babies form somewhat regular sleeping habits, and many sleep through the night and take a regular nap two or three times a day. Somewhere after 12 months, one longer nap each day is enough for many babies.
- ★ Your baby may show she's tired by rubbing her eyes, yawning, jerking, clenching her fists, or fussing. (Or, if she's older, by becoming overactive or clingy.) If she has trouble nodding off, help her calm down and make the transition. Hold her in your arms, rock her gently, or sing a lullaby.

- ♥ It's important to create and maintain routines around bedtime and naptime; this promotes regular sleep patterns. Make daytime active—play with your baby and keep him busy and happy. Make nighttime calm and quiet—low lights and little stimulation. Start guiding your child to fall asleep on his own: if he's drowsy but not yet asleep, gently put him to bed.
- ★ If you're worried about your baby's sleep habits, check with your pediatrician. And you need your rest, too! A great time for you to rest is anytime your baby rests.

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