



## LACK OF SLEEP CAUSING SOME TEARS?



# Try these tips!

Sleep: we all need it and none of us know how to get enough of it! If sleep feels elusive to you, give these tips a try. Just remember that each baby is different, so what works for one family may not work for yours, AND THAT'S OKAY!

- **Help your baby learn the difference between night and day.** Day-time sleep should still have noise, curtains open, movement and action going on in the house. Night-time sleep needs a dark room, white noise, low stimulation.
- **Pay attention to your baby's wake and sleep windows.** In the early weeks, your baby will likely sleep up to 18 hours each day. You can tell your baby is sleepy when they stare blankly into space, start rubbing their eyes, yawn, and frequently look away from you. You may also see redness around their eyebrows.
- **Don't wait until they're over-tired,** or keep them awake longer during the day with the hope that they will sleep longer at night. This will most certainly backfire.
- **Give your baby the opportunity to practice falling asleep on their own,** but don't be afraid to offer a cuddle or feed if the baby starts fussing too much. You can't spoil a baby!
- **If your baby typically only takes one breast during a feeding session,** consider offering both breasts during the evening and night time hours.
- **Focus on developing a rhythm rather than a routine.** Many sleep training programs encourage parents to limit feedings to only specific times during the day or night. These practices can have a negative impact on not only your milk supply, but also your baby's weight. Learn to anticipate sleep and hunger cues and build the rest of your day based on those expectations, keeping in mind that your baby's needs may sometimes require you adjust your plan.
- **Help your baby to sleep by layering sleep associations.** If you plan to nurse to sleep, also add rocking or butt pats into your routine so that when you're ready to break the habit of nursing to sleep, you have other tools to tell your baby it's time for rest.
- **If placing your baby in the crib asleep,** make sure their bottom touches the bed before the rest of their body. They'll be less likely to wake. Keep your hand on their chest for 30 seconds while they settle.
- **Try using a heating pad to warm the sleep surface prior to pacing your baby down.** Just remove the pad before laying your baby down.

*Still have questions? Give us a call!*