

Tips to help your baby sleep

If your baby is an irregular sleeper, here are several ways you can help him sleep as well as learn that night time is sleep time.

Make sure your baby's warm enough.

Infants tiny bodies don't conserve heat very well, and a chilly baby will have difficulty falling (or staying) asleep. Dress him in pajamas with feet and long sleeves to prevent him from becoming cold.

Keep the shades down and the house quiet in the evenings

Give your baby the message that night-time (optional) is for sleeping. If you have other children, make sure they know to play quietly when the baby is sleeping.

Keep the lights low and noise to a minimum during nighttime feedings. If you sing or talk to your baby during late feedings, speak in a whisper and sing in low, soothing tones.

Don't rush in at every little sound.

Babies sleep is naturally restless, with many minor awakenings. If left alone, many babies will lapse back into sleep.

Avoid late-night diaper changes.

Changing a diaper is often just enough to rouse your baby from sleepy to alert. To keep your baby comfortable and dry without late-night changes, use ultra-absorbent disposable diapers (or two cloth diapers) during nighttime hours.

