

Your Baby's Sleep

Birth - 3 months



Babies from birth to 3 months are completely dependent on their parents to care for them.

Although it is not possible to make a baby sleep, there are things parents can do to help their baby develop good sleep patterns.

FAST FACTS

It is normal for your baby to:

- Eat when they are hungry and at least 8 times in a 24-hour day
- Wake up to feed every 1-3 hours
- Not know the difference between night and day
- Sleep 14 to 18 hours per day
- Sleep for a short time, for example, from 30 minutes to 3 or 4 hours during the day or night
- Cry often

Sleep tips for newborns

- Your baby will need help, support and patience from you to learn how to sleep
- It is ok to comfort your baby when they cry. You will not spoil your baby by comforting them when they are upset.
- Keep the room a comfortable temperature and feel the back of baby's neck to check for overheating, if sweaty and if they are, remove one layer of clothing before rechecking
- Let natural light into the room while baby is napping during the day
- Keep the lights low during the night, have less playtime activity and speak softly with comforting words and sounds

Creating a bedtime routine for your growing newborn

STEP 1: After 1-2 hours of being awake start to look for signs of sleepiness such as yawning, starting to fuss more, eyes looking sleepy, or rubbing their eyes.

STEP 2: Have a brief bedtime routine in the baby's sleep area before naps and nighttime sleep. Choose a couple of enjoyable activities such as a bath, reading a book, feeding, singing or giving your baby a gentle massage.

STEP 3: Try putting your baby down in the crib, bassinet or cradle to sleep while they are drowsy or slightly awake. Most babies will start to learn to comfort themselves to sleep. This doesn't mean letting your baby cry; if your baby starts to cry, wait for a minute to see if they go back to sleep. If baby continues to cry, pick your baby up and comfort them by gently rocking, singing and cuddling them. Newborns often need help to fall asleep. When they are drowsy, try putting them down again. You may need to repeat Step 3 more than once.

Safe sleep environment

- Always put your baby to sleep on their back during naps and night sleeping
- The safest place for your baby is next to your bed for the first 6 months
- Place your baby in the crib on a firm flat mattress with only a fitted sheet. Nothing else should be in the crib.
- Dress your baby in comfortable, fitted one-piece sleepwear
- If using a sleep sack, follow manufacturer instructions to make sure it fits properly
- A baby should never sleep for long periods in items such as car seats, swings, baby seats, bouncers, strollers or slings
- Playpens are not safe substitutes for a crib



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