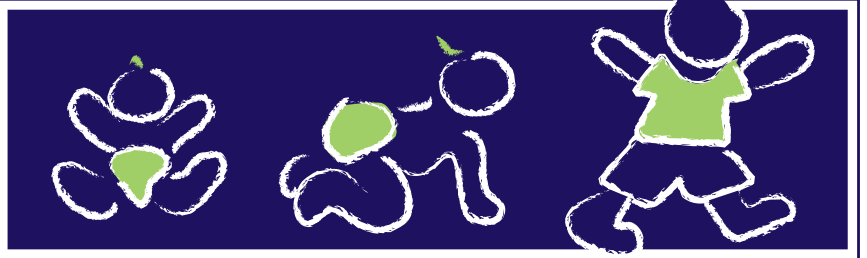


healthy

BEGINNINGS



PARENTING BABIES AND CHILDREN

PARENTING STRATEGIES TO ENCOURAGE INFANT SLEEP

It is important for both babies and parents to get the sleep they need. However, babies have the same needs at night as they do during the day. Nightwaking is normal, healthy, baby behaviour! Parents may find it challenging to balance their own needs with the needs of their baby. Here are some strategies that can help with the transition to night time parenting:

- ◆ Share responsibility for parenting strategies
- ◆ Accept help and be willing to ask for help
- ◆ Be patient with yourself and with your baby
- ◆ Maintain balance: make decisions based on your child's needs AND your own
- ◆ Provide your baby with consistent and enjoyable routines
- ◆ Protect nap schedule and bedtime
- ◆ Try not to let your baby get overtired
- ◆ Be aware of sleep associations, your role in soothing your baby, and your baby's gradual ability to self soothe
- ◆ Provide an environment that encourages sleep and meets the current safety recommendations. Visit the Public Health Agency of Canada at <http://www.phac-aspc.gc.ca> for sleep environment recommendations.
- ◆ Be flexible and open to change

REMEMBER, EVERY BABY IS DIFFERENT. NIGHT WAKING IS NORMAL.

WORKSHEET: PARENTING STRATEGIES FOR INFANT SLEEP

Instructions:

Put a checkmark beside each strategy that you are already using.
What is working well for you? Is there anything you want to do differently?
If you decide to try something new, pick just one thing to try at a time.

- I share responsibility for parenting strategies
- I am patient with myself and my baby
- I try to maintain balance. I make decisions based on my child's needs AND my own
- I accept help and ask for what I need
- One new thing that I can try to help me feel better rested is:
- I respond to my baby's cries in a warm consistent manner most of the time
- I provide an environment that encourages my baby to sleep
- I protect my baby's (*over 4 months old*) nap schedule and bed time
- I try not to let my baby get overtired. (examples: fussy, irritable, rubbing eyes)

Signs that my baby is getting tired:

- Less active
- Eyelids drooping
- Yawning
- Quieter/calmer
- Less interested in surroundings

I provide my baby with consistent and enjoyable routines
(pick what is appropriate for baby's age)

- Daily routine
- Nap time routine
- Bedtime routine
- My baby has these sleep associations (e.g., singing a song, reading a story):
- I soothe my baby by:
- One new way that I can try to soothe my baby is:

REMEMBER, EVERY BABY IS DIFFERENT. NIGHT WAKING IS NORMAL.

GROWING HEALTHY TOGETHER

For more information call *Health Connection* at 1-800-361-5653
TTY 1-866-252-9933 or visit www.york.ca

