

healthy

BEGINNINGS



PARENTING BABIES AND CHILDREN





SLEEP DIARY

A sleep diary can be helpful to show your child's sleep patterns and to track progress in new strategies you are trying. It can also be a helpful tool to discuss with your health care provider.

Keep a sleep diary for at least two continuous weeks.

Make extra copies of this diary while it is blank for future use.

Instructions:

- Add the day of the week that you are starting the diary
- Leave the **squares blank** to show when your **baby was awake**
- Use one **colour**  or **symbol**  to fill in squares when **you helped your baby settle to sleep**
- Use one **colour**  or **symbol**  to fill in squares when your **baby was asleep**
- You can fill in nighttime squares the next morning
- Notes section can include your child's mood, health, information about feeding, crying, how you or another household member calmed or soothed your baby to sleep, where your baby fell asleep (e.g., in car, stroller, swing, crib, your arms)

Date/ Day of the Week	6am	7am	8am	9am	10am	11am	12am	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm	11pm	12pm	1am	2am	3am	4am	5am	
Sat. May 2																									

NOTES: green - settled baby to sleep blue - baby sleeping

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



