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## Getting Your Baby On A Sleeping Routine

By Sarah Veda

It's not unusual for newborns to have unusual sleeping habits, particularly for them to want to sleep during the day, and stay awake at night. Remember, in the womb it's dark all the time, so night and day mean nothing to them. If your baby's sleeping habits need some adjustment, here are some ways to get him on track.

- Don't keep quiet during the day when he's sleeping - When he sleeps during the day (and all babies will) leave the door to his room open, and go about your normal daily routine. Keep the television or stereo on. This will accomplish two things. First, he will learn to sleep even through noise, which is important, since this child will be taking naps in your home for four or five years. Secondly, he will get the idea that the daytime is not the right time for long periods of sleep.
- If he sleeps more than three hours at a stretch, wake him. Babies should nap during the day, of course, but more than three hours is not a nap. To get him awake, try holding him upright and tickling his feet. If that doesn't work, take off his shirt. The chill will wake him. Don't leave him uncovered for long, though. Once he is awake, sing or talk to him to keep him that way for a while. This is a great time to put him on a mat for some tummy time if it's not feeding time.

Now, of course the second half of this problem is the staying awake at night. This is going to take some time, and babies usually make some significant adjustments within about three weeks, though you will be getting up for feedings at least once at night for a bit longer. Some things you can do to make him more likely to sleep longer and better during the night are:

- Put him in bassinet or cradle for the first few weeks. A crib can seem huge to a newborn, so you might find that he sleeps much better in the coziness of a smaller space.
- Give him some soothing sounds. Not only will this act as a sort of "white noise" to block out other sounds, it will also be soothing to him. Soft, classical music works well, but so can the constant hum of a fan.

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- Keep the room at a comfortable temperature. If he's too cold or too warm, just like the rest of us, he won't sleep as well.
- Establishing a routine. Your child will sleep better if he has an established sleeping routine for day and night. Put him down for naps at the same time each day, and put him down for bed at the same time each night. Create some bedtime habits that will signal to the baby that bedtime is near. A bath or a story can be a nice way to wind down and get ready for restful sleep.

Sleeping habits are a challenge for most new mothers, primarily because you're so tired yourself. One word of advice - don't try to make baby sleep at night by not allowing him to nap during the day. It will backfire. Babies need lots of sleep, and naps are a critical part of this. Just don't let him sleep for too long at a stretch during the day. Give it some time, and take some naps yourself, and before you know it, everyone will be sleeping soundly through the night.

Sarah is a 41 year old wife and mother of two boys and one girl. She spent many years as a manager in the corporate world, and gave it up to be a stay at home mom. Go to

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### **Naptime Is Important For Your Baby**

**By Michelle Winters**

Who doesn't know that sleeping is necessary for us? It is a must to maintain a healthy life. Like us it is also necessary for the babies. They do need to sleep adequately, if not they get irritated at the drop of a hat being tired. And once they get irritated, it is difficult to make the babies sleep. So you need to sketch a naptime routine for your baby.

At a younger age, regular eating patterns determine regular sleeping pattern. So you need to follow an 'average' while your baby is very young. But do keep in mind that all the babies on earth do not stick to 'average'. In case you baby does not fall into the 'average' category you need to see a health professional.

Generally speaking, a new-born baby sleeps for from 16 hours to 20 hours per day. Naps taken intermittently during feed are also included in these hours. Don't let your baby to fall asleep as soon as his feeding is over, make him awake for a little time. This will prevent him to fall into the habit of needing a feed to make him sleep.

When your baby is 2 months old, bestow upon him the opportunity to soothing himself at the time of naps. Don't worry when, at the debut of this routine, they cry when put them in their cot or crib. This cry lasts for only 10 minutes; after this time check him. Of course if that cry turns into something serious like baby getting irritated or hysterical, you should not leave him in the cot. We are often tempted to

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pick babies up– don't do that, instead, speak to him while stroking his head gently or patting or soothingly rubbing his back. It is the best way to calm him down.

When your baby is 3months–6months, you will notice that in this time, his sleeping hours are gradually diminishing. They will doze off on their own generally in the late afternoon and often the third nap in the day.

When your baby is more than 16 months old, you will observe that even the morning sleep is cut short. On the contrary his afternoon naps take more hours perhaps to compensate the short hours of morning naps. At this age, 10 to 12 hours per night and 2 to 3 hours in the afternoons are usual.

Although it is always good to make a timetable for your baby's naps, pay attention to his cues while setting the routine. You are the one responsible for determining the start of his nap and adhere to that. Your baby will adapt himself soon to that timetable.

A naptime routine is necessary for your baby as well as for you.

Michelle Winters is a nurse and mother. See more articles at

<http://www.safebabycarseats.info>



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