

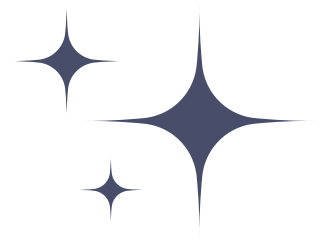


5 NEWBORN SLEEP TIPS EVERY MOM SHOULD KNOW

LAY THE FOUNDATION FOR HEALTHY SLEEP FROM THE START



KRISTEN RUSNACK: CERTIFIED PEDIATRIC SLEEP CONSULTANT



1. SAFE SLEEP

Follow the ABCs of Sleep

A-put your baby to sleep ALONE

B- place your baby on their BACK for every sleep.

C- place baby in a CRIB and/or bassinet

- Provide baby with a firm, flat non-inclined sleep surface.
- Have baby sleep in parents room on a safe sleep surface for at least 6 months.
- Prevent your baby from getting too warm and refrain from using any head coverings. Maintain a room temperature between 68-72 degrees Fahrenheit and limit your baby to wearing just one extra layer of clothing.
- Avoid all soft objects and loose bedding
- Consider using a pacifier at bedtime

2. CALMING BEDTIME ROUTINE

Starting to establish routines with your little one, particularly at bedtime, is something you can do from a very young age.

Creating a bedtime routine for your baby is a wonderful way to nurture their sense of comfort and security. It's like wrapping them in a warm, familiar embrace every night. This consistent ritual lets your little one know that it's time to snuggle in for a peaceful night's sleep, making the transition from playtime to dreamland a gentle one. Moreover, it's a precious moment to connect and bond with your baby, a time filled with tender moments and loving care. As you both embrace this routine, you'll find that your baby's sleep becomes more peaceful, granting you more moments to cherish together. Ultimately, this bedtime routine is a loving gift that paves the way for your baby's sweet dreams and a brighter tomorrow.

Ensure you dedicate 20-30 minutes to the bedtime routine in the baby's room, keeping the lighting dim. Consistently following this routine each night is crucial as it sends a clear signal to your little one that it's time for a peaceful night's sleep.

Sample Bedtime routine:

After feeding your baby make sure they are alert and then follow these steps (feel free to mix up the order based on your preference)

- dim the lights
- gently brush their teeth/gums
- give a warm sponge bath and a loving massage
- put baby in pj's and/or sleep sack
- read 1-2 books
- sing a song to your baby- keep it the same song each night.
- turn on the white noise machine
- turn off the light
- lay baby in crib on their back and say a goodnight phrase "Good night, I love you, sweet dreams".

*"With a butterfly kiss
and a ladybug hug,
sleep tight, little one
like a bug in a rug"*





3. DARK ROOM

How dark should your baby's room be? It should be pitch-black, so dark that you can't even see your hand in front of your face. This level of darkness maximizes melatonin production, making it easier for your baby to fall asleep. Hormones play a key role in managing our internal clocks (sleep -wake cycles and circadian rhythm). Melatonin is produced in babies starting at three months of age.

A dark room environment reduces stimulation and can aid in soothing and settling your little one. Room darkening shades and/or blackout shades/curtains are highly recommended.



4. LOOK FOR SLEEP CUES

Using sleepy cues to gauge tiredness in infants is an essential skill for parents and caregivers. These subtle signs and signals can help you understand when it's time for your baby to rest, promoting better sleep patterns and overall well-being.

1. **Yawning:** is a classic sign of tiredness, even in infants. When you notice your baby yawning, it's a strong indicator that they are ready for some sleep.
2. **Rubbing Eyes or Ears:** Babies often rub their eyes or tug at their ears when they're feeling tired.

3. **Fussiness:** Increased fussiness or irritability can be a sign of fatigue. If your baby seems more irritable than usual, it's worth considering that they might need some rest.

4. **Decreased Activity:** A tired baby will typically become less active. They might move less, and their movements may be slower and less coordinated.

5. **Decreased Interest in Surroundings:** When a baby starts to lose interest in toys, people, or their environment, it could mean they are becoming tired and need some downtime.

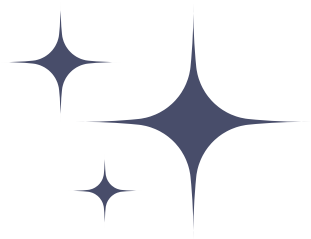
6. **Fluttering Eyelids:** As babies become sleepier, their eyelids might start to flutter or droop.

7. **Staring into Space:** Babies may appear to be staring into space or have a glazed-over look when they're tired.

8. **Sucking on Hands or Fingers:** Sucking can be a self-soothing mechanism for tired infants. They may suck on their hands, fingers, or a pacifier to help themselves relax.

Remember that your baby's schedule is flexible and it's important to be mindful of your baby's sleepy cues and adjust naps and bedtime accordingly to avoid overtiredness.

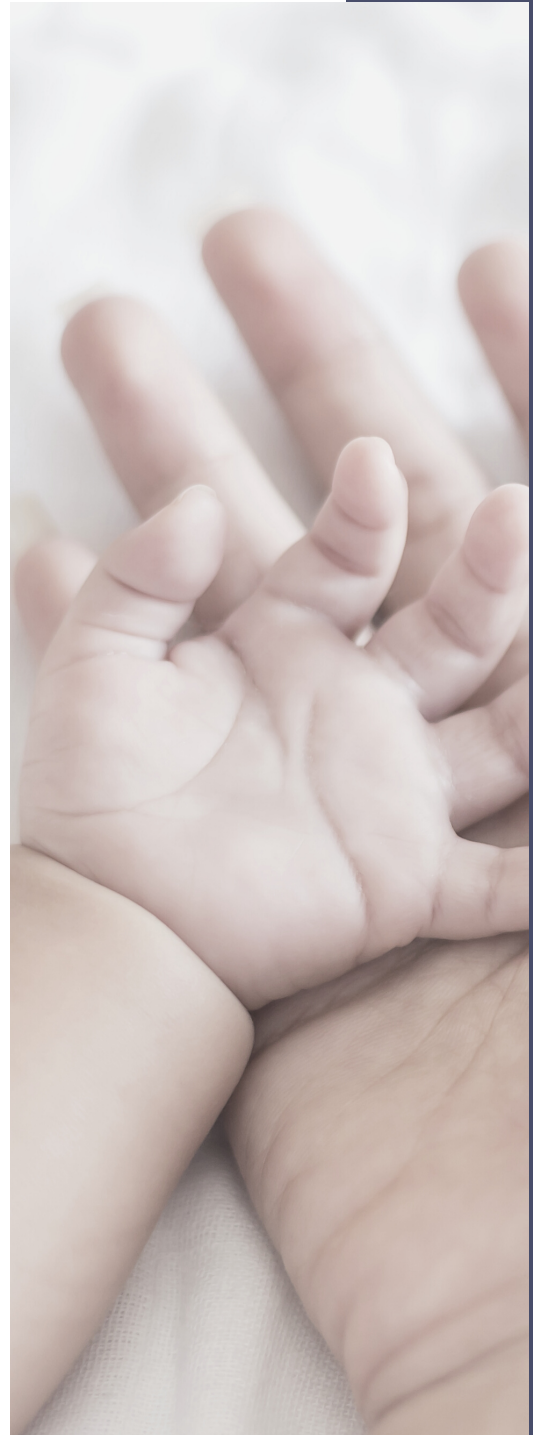




5. DROWSY BUT AWAKE

Putting a baby to sleep “drowsy but awake” is a valuable technique for helping infants learn to self-soothe and develop healthy sleep habits. This approach encourages babies to fall asleep independently and reduces dependency on external sleep aids.

When you put a baby to sleep “drowsy” that means they are calm and aware that they are being placed in their crib. When you lay a baby down to sleep too drowsy or already asleep, they miss the opportunity to practice the crucial skill of settling themselves to sleep independently. Consequently, when they awaken during the night, they may encounter difficulties in soothing themselves back to sleep.



HOW CAN KRISTEN HELP?



MEET KRISTEN, YOUR DEVOTED SLEEP CONSULTANT. KRISTEN'S APPROACH IS ALL ABOUT PUTTING YOUR FAMILY'S COMFORT FIRST. SHE WORKS CLOSELY WITH PARENTS, ENSURING THAT HER STRATEGIES ALIGN WITH YOUR PREFERENCES AND VALUES. WITH KRISTEN'S GUIDANCE, YOU CAN LOOK FORWARD TO PEACEFUL NIGHTS AND JOYFUL DAYS. SAY GOODBYE TO SLEEPLESS STRUGGLES AND HELLO TO THE RESTFUL SLEEP YOU DESERVE. KRISTEN CUSTOMIZES HER METHODS TO SUIT YOUR CHILD'S UNIQUE NEEDS, CREATING A HARMONIOUS AND TRANQUIL HOME ENVIRONMENT. CHOOSE KRISTEN FOR A BRIGHTER, HAPPIER FUTURE.

"Let me help you embark on a journey to a brighter, happier tomorrow, by finding the sleep solution you have been looking for"

*- Kristen Rusnack
Pediatric Sleep Consultant*