

Settling Down for Sleep

Do's and Don'ts

Do place your child in her crib sleepy but still slightly awake; especially after feeding or rocking.

Don't let your baby fall asleep at the breast or bottle, don't use rocking them to put them to sleep and don't put them in you bed in an attempt to get them to fall asleep.

Do finish bottle-feeding out of the bed.

Don't leave your baby with a bottle in bed

Do play gently before bedtime.

Don't roughhouse in the hour before bedtime.

Do read cheerful bedtime stories with happy endings.

Don't tell scary or sad stories before bed.

Do turn off TV and videos one hour before bedtime.

Don't allow stimulating, violent or scary programs as bedtime approaches.

Do allow a small drink or water or warm milk or light snack before bed.

Don't give large drinks, especially caffeine beverages or heavy snacks before bed.

Do allow your baby to cry a minute or two if it is not a cry of distress should they awaken.

Don't rush in to check in on your baby at night at the first sound you hear.

Taken from "Guide to Your Child's Sleep" by George J. Cohen, M.D. F.A.A.P.

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