

WAYS TO HELP BABY SLEEP THROUGH THE NIGHT

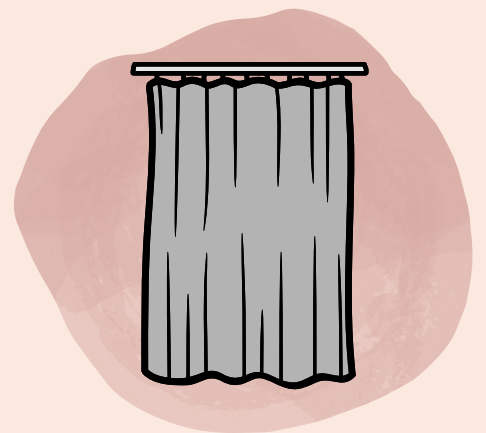


SWADDLING BLANKETS OR SLEEP SACKS

Swaddling creates an environment that mimics the mother's womb. Using this technique can calm your baby into a deep and sound sleep.

BLACKOUT CURTAINS

Once your baby has passed the newborn stage and developed an understanding of day and night, using blackout curtains or shades can be vital during early mornings or daytime naps.



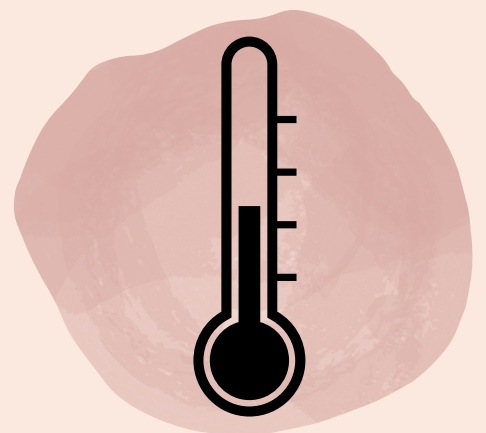
WHITE NOISE OR MUSIC PLAYER



Having these in your baby's room can drown out household sounds and provide peaceful noise that aids in falling asleep. It is recommended to place these machines in the opposite corner of your baby's crib and keep it on a low volume.

KEEP THE TEMPERATURE LOW

Children (like adults) tend to sleep better in cooler temperatures, so it is recommended to keep the baby's room between 68-72 degrees and ensure your baby is tightly wrapped in a blanket or swaddle.



BEDSIDE BASSINET

Co-sleeping can help with bonding and attachment as well as responding quickly to your baby's needs. Buying a crib or cradle meant for co-sleeping can help you reap the benefits without worrying about potentially dangerous circumstances.

