

Sleeping with your baby is not recommended. If you choose to have your baby sleep in your bed please follow these safety guidelines:

*There must be **no alcohol or drug** use by **you or anyone** sharing baby's bed.*

*Even **medications** can **make you less aware** of baby next to you.*

The mattress should be firm.

There should be no spaces against a wall or headboard where baby could become trapped if he rolls over the edge of the bed.

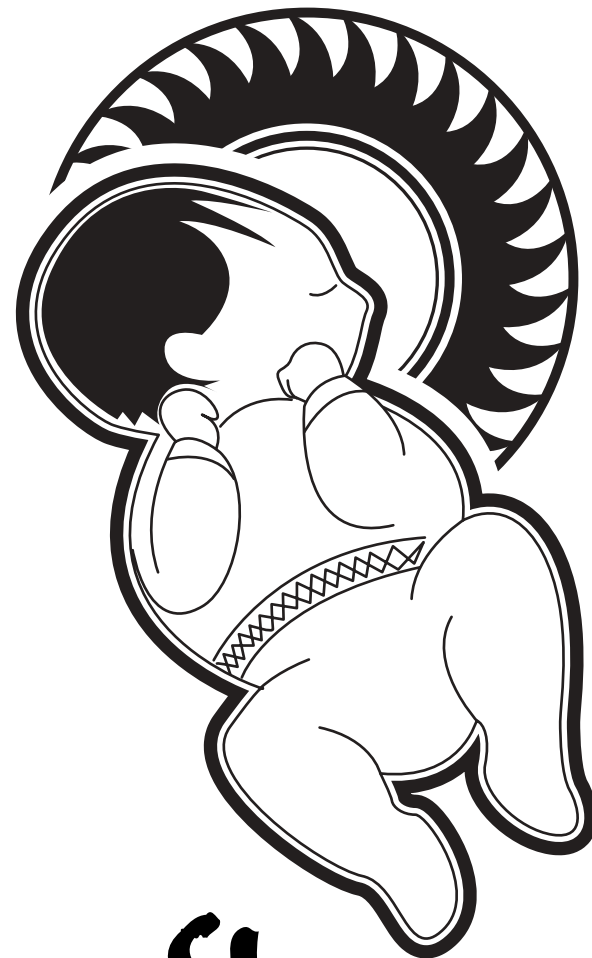
Use as few blankets and pillows as possible, and be sure to keep these away from baby's face.

Preventing flat heads

When she is lying on her back, baby is not strong enough to lift and turn her head.

If baby sleeps every night with her head turned to the same side she may get a flat spot on her head.

Since baby likes to look at interesting things, she will usually keep her head turned toward the middle of the room. So to prevent the flat head problem, switch the way baby lies every night. One night put her head at one end of the crib, the next night put her feet at that end.



Sleep and Your Child Newborn

CH-13

Version française disponible

Design et illustrations : Le Zeste graphique



Conseil Cri de la santé et des services sociaux de la Baie James
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Cree Board of Health and Social Services of James Bay

Most newborn babies sleep about 16 to 17 hours a day, but often only 1 – 2 hours at a time.
Like most new moms, you may feel like the first few months are a battle to get baby
(and you!) to sleep more.

Tips for getting more sleep

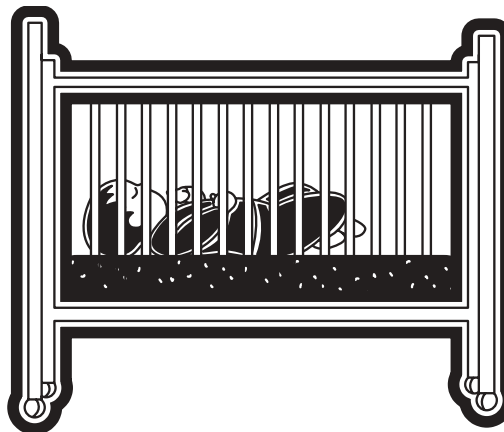
Letting baby **fall asleep on her own** will teach her how to calm herself and fall back asleep during the night if she wakes up. Some things you can do to help:

- ▶ Place her in the crib when she is sleepy but still awake.
- ▶ Allow her to fall asleep on her own as often as possible.
- ▶ If baby is fussy or crying, rock and cuddle her, but put her back in the crib **before** she falls asleep.
- ▶ Make middle of the night feedings short and boring. Keep lights low or use a nightlight.
- ▶ Do not do a diaper change in the middle of the night (unless necessary).
- ▶ Try to give her the last feeding around your bedtime, and try to keep her awake for 2 hours before this feeding.
- ▶ Don't allow baby to sleep in your bed.

Safe sleeping

Follow these tips to prevent injuries or Sudden Infant Death Syndrome (SIDS):

- ▶ Put baby to sleep on his **BACK ONLY** (not tummy, not side).
- ▶ Don't use blankets, pillows or stuffed animals in the crib.
- ▶ Don't sleep with baby. He may suffocate or get rolled upon.
- ▶ Don't overdress or overheat baby. Use non-flammable pyjamas only (check label).



How to know your crib is in good shape:

- ▶ Made after 1986
- ▶ Firm mattress that fits well in the crib
- ▶ Solid frame with no loose screws
- ▶ Bars lock into place
- ▶ No spaces against the bars where baby could become trapped if she rolls over the edge of the mattress
- ▶ Bars must be less than 6 cm apart (so baby's head cannot fit through)

