

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

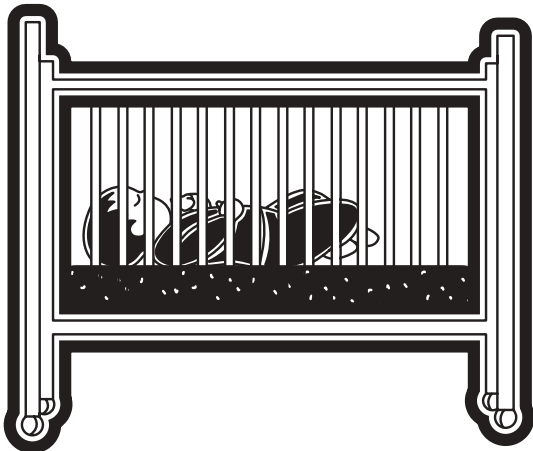
*There must be **no alcohol or drug** use by **you or anyone** sharing baby's bed.*

*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 he is lying on his back, baby is not strong enough to lift and turn his head.

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

Since baby likes to look at interesting things, he will usually keep his 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 his head at one end of the crib, the next night put his feet at that end.

CH-14

Version française disponible



# Sleep <sup>and</sup> Your Child

## 2 to 6 Months Old



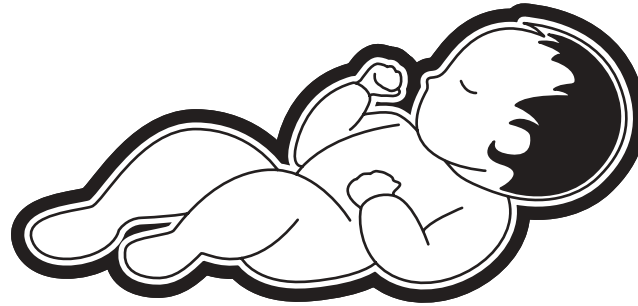
Conseil Cri de la santé et des services sociaux de la Baie James  
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By 3 months, most babies can usually go 6-hours at night without feeding.

## Tips for getting more sleep

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

- ▶ Move his crib to a separate room if possible.
- ▶ Try to delay middle-of-the-night feedings.
- ▶ Don't feed him unless he is hungry. See if holding and cuddling will satisfy him.
- ▶ Place him in the crib when he is sleepy **but still awake**.
- ▶ Allow him to fall asleep on his own as often as possible.
- ▶ Don't allow him to hold the bottle or take it into bed with him.
- ▶ Make middle-of-the-night feedings or diaper changes short and boring.



## Safe sleeping

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

- ▶ Put baby to sleep on her **BACK ONLY** (not tummy, not side).
- ▶ Don't use blankets, pillows or stuffed animals in the crib.
- ▶ Don't sleep with baby. She 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 he rolls over the edge of the mattress
- ▶ Bars must be less than 6 cm apart (so baby's head cannot fit through)

