

Tools for the Journey:

Getting Your Baby to Sleep Through the Night

Put her to sleep when she is drowsy, not already asleep to start building good sleeping habits.

Don't jump at every noise you hear on the baby monitor. Resist the urge to run into his room at every gurgle.

Give it a moment. If he wakes up seemingly fussy, give him a moment to soothe himself before picking him up.

Don't wait too long to put her down. Babies can only stay up for a few hours at a time, don't keep her up and make it harder for her to fall asleep.

Interact and play as much as you can during the day instead of at night.

Start a routine. It is never too early to start following a routine. Keep it simple at first.

Some advice for your toddler:

- Keep the bedtime routine short and sweet.
- Notice daytime behavior and connect that to sleep patterns.
- Be consistent with your bedtime.
- Consistent wake-ups are just as important!



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