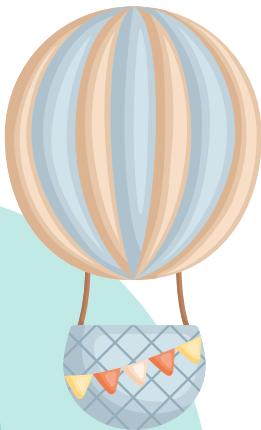


## Did you know...

- While sleeping, the baby produces growth hormones, strengthens the immune system, consolidates memory and develops learning skills.
- Babies only acquire the circadian rhythm (day-night rhythm) around 3 months. Until then, the baby sleeps for periods of equal duration whether it is night or day.
- Baby **naps** evolve over time. In the first few months, they take several naps throughout the day. For 6 months, they take a nap in the morning and another after lunch, which becomes progressively longer. From 12-16 months, they take only one nap after lunch, lasting 1,5 to 3 hours.



## Take care of you!

### The first few months of a baby's life can be very demanding!

To take care of your baby, you need to be in your best condition:

- Take naps during the day, while the baby is sleeping.
- The first part of the night is usually when the babies sleep more deeply and with fewer awakenings. Follow the baby's sleep and fall asleep early.
- Do not skip meals.
- Ask your partner/family member to stay with the baby while you take a shower and relax a little.
- Housework can wait. Ask family or friends to help with meals and cleaning the house.
- If you feel exhausted and unable to take care of your baby, ask for help. Postpartum depression is real and one of the factors for its development is tiredness. Asking for help is no shame.

## My baby's sleep



**Child and Youth Department  
Women's Department**



# Healthy sleep habits since birth

◆ Create a **routine**. Every night do the same way when laying down the baby, to help him understand that it is time to sleep.

◆ Naps should be done with light and sounds of daily routine.

◆ At night, **reduce the lights** and prefer yellow lights (less stimulating), including when changing diapers and feeding. The baby must sleep in the dark.

◆ Give a **bath in the afternoon** to help to relax.

◆ **Sing a lullaby** or choose a playlist of baby songs.

◆ Give **lap**. Babies need the comfort of their parents to feel safe and ready to fall asleep.

◆ **Laying down** your baby when he is somnolent but still awake, will help him to learn to fall asleep on his own.

◆ Do not respond immediately if the baby moves, as it may be dreaming.

◆ Do not leave him crying alone. Crying causes stress and dysregulation.

# Safe sleep, Peaceful sleep

**Sudden Infant Death Syndrome** happens when the baby is found dead during sleep. The risk is greatest in the first 6 months and may occur up to 12 months.

## What should you do to protect your baby:

1. Must sleep in the parents' room until **6 to 12 months**.
2. Always lay him on **his back**.
3. Lay him down in his **crib**. It is not advisable to sleep in the parents' bed. Co-sleeping cribs that attach to parents' bed are a safe alternative.
4. The **mattress** must be firm.
5. He should not use a pillow.
6. The head of the crib must not be tilted.
7. **Do not** place stuffed animals or other objects in the crib.
8. Feet should touch the bottom of the crib, so he doesn't slip.
9. Cover only up to the shoulders, leaving the arms out.
10. **Do not** wrap him up too much. The room temperature should be 18-20°C. Do not use a duvet as it promotes overheating.

11. **Breast milk** is protective.

12. **Pacifier** use is protective but should not be given until breastfeeding is established.

13. **Smoke-free** environment in 100%. Smoking outside the house is equally harmful, as smoke particles accumulate on clothing and skin.

14. **Do not** consume alcoholic beverages. Alcohol increases the baby's risk of accidents.

