

NSLAP WELLNESS TIP: Preparing for life and work after baby - babies and sleep

The following is an article excerpt from Homewood Human Solutions™, your health and wellness provider.

An important part of establishing good sleeping habits is your baby's sleep environment, which includes where your child sleeps, the kind of crib or bed, the type of mattress, and bedtime routines.

Here are some tips to help you and your baby get a good night's sleep:

- For the first year of your baby's life, the safest place for a baby to sleep is in her crib on her back. When your baby can turn over on his own, there's no need to force your baby into the back sleep position. Foam wedges or towel rolls to keep babies on their side should not be used.
- Infants should never sleep on pillows, air mattresses, waterbeds, soft materials, or loose bedding. Car seats and infant carriers are not to be used to replace the crib for your baby's sleep.
- A baby should sleep in a room that is quiet, dark, and at a slightly cool temperature. Consider dressing your baby in sleepers so that you don't need a blanket to cover her.
- Keep your baby away from cigarette smoke. Babies, whose mothers continue to smoke during pregnancy and after birth, face an increased risk for many health issues.
- Never let your baby sleep alone on a couch, sofa, or armchair.
- Be sure your baby's crib meets Canadian Government safety standards. See http://www.hc-sc.gc.ca/cps-spc/pubs/cons/cribs-lits_enfants-eng.php for more information.
- Do not leave a bottle of milk or juice in your baby's bed.
- Establish a calming bedtime routine that is consistent and predictable. Try to keep nap times and bedtime the same every day, even on weekends.
- Set aside 10 to 30 minutes to do something special with your baby before bed. Depending on your baby's age, this could be a quiet talk, play, or reading. Allow infants to fall asleep on their own so that they can learn to comfort themselves.

*For additional information, support, resources and counseling on health and wellness, visit the NSLAP website at www.nslap.ca. Please note that **NSLAP** is your "company" name when you register. When you call the NSLAP number at **1-866-299-1299**, (Français: 1-866-398-9505; TTY: 1-888-384-1152) Your call will be answered any time, day or night, 365 days per year.*