

The Baby Sleep Site[®] is filled with invaluable resources to help parents and a baby or toddler get on the right sleep track, whether it's helping a baby or toddler sleep through the night, getting a baby on a regular nap schedule, weaning her off the breast or bottle or learning to set limits that reinforce good sleep habits.



Free Guide!

5 Ways to Help Your Child Sleep Through the Night

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Ten Tips for Safe Baby Sleep

How You Can Provide Your Baby With the Safest Sleep

Knowing where to turn for safe sleep information is challenging! Our family and friends may say to do things one way, and have great intentions, but remember that safety recommendations to prevent SIDS (crib death) have changed over time. Ask your baby's health care provider for tips, and review this list.

1. Put your baby down to sleep on his or her back.
2. Talk with your baby's caregivers about putting your baby down "back to sleep." About 1 in 5 cases of SIDS occurs when a baby is with his or her caregiver.
3. Use a firm sleeping surface, like a standard crib mattress. The crib should be free of toys, soft bedding, blankets, sheepskin, or pillows. If a bumper is used, it should be thin, firm, and securely attached to the crib.
4. Give your baby plenty of tummy time when he or she is awake, to help strengthen the neck muscles.
5. When a baby is under 6 months, the safest place they can be is in your room in a bassinet or crib within close reach, but not in bed with you.
6. If a light blanket is needed, tuck all sides along bottom half of crib, below baby's arms. Another strategy is to use a sleep sack, with no other blanket covering your baby.
7. Place your baby's crib in an area that is always smoke free, and avoid smoke exposure.
8. Never sleep with your baby on a sofa, waterbed, or chair, or allow your baby to sleep there.
9. Consider offering your baby a pacifier at naptime and bedtime (if you are breastfeeding, wait until your baby is one month old before introducing the pacifier).
10. Be sure your baby is not overheated. Use light sleep clothing, and the room should feel comfortable to you.

The tips above were compiled from The American Academy of Pediatrics, at www.aap.org and www.healthychildren.org



The BABY SLEEP SITE®

Helping you and your child sleep

Parent Story

"I would never have believed, upon my first e-mail to Nicole, that by the end of the 30 days, I would have only small issues to handle. I also know that if we need it, Nicole will continue to provide her considered, thoughtful advice and encouragement. I highly recommend this website and Nicole's services.

We are very thankful to have finally found someone who took the time to really consider our baby's specific issues and problems and to come up with a plan to help us turn things around in a way that worked best for us and for him. Thank you so much!!" -Lee Ann

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- **FREE** - 15 Baby Sleep Facts New Parents Need to Know
<http://www.babysleepsite.com/15-free-baby-sleep-facts-new-parents-must-know/>
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If you have any questions or comments on this handout or need help and support for your troubled sleeper, please e-mail us at: contact@babysleepsite.com.

"I just wanted to thank you for all the advice you sent my way. Matthew is now fully night-weaned and life in our house is very different. The day after he slept through the night the first time he suddenly emerged as an intelligent, adorable, independent little boy. This is a far cry from the clingy, needy person he was just 4 days ago. You made a huge difference in my life – thank you so very much."

-Tanja, Vancouver, BC, Canada

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About the Author: Nicole Johnson is a sleep coach and the owner of The Baby Sleep Site® specializing in baby sleep products and consulting services. Nicole is a wife and the mother of two boys. With a B.A. degree from

UC Berkeley and an MBA from Ohio State University, Nicole has also received an honorary degree in "Surviving Sleep Deprivation," thanks to her son's "no sleep" curriculum. She has become an expert on infant and toddler sleep and has made it her mission to help other parents solve their child's sleep problems too.

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