

WHAT TO DO WHEN BABY WON'T SLEEP



01

ESTABLISH THE HABIT

Try rocking baby until they're *almost* asleep; then, lay them down on their back, so they get used to falling asleep alone in their crib without being held. And, most importantly, **be consistent!**

02

SLEEPY BEDTIME ROUTINE

Routines help us regulate — babies included! Try singing a lullaby, reading a bedtime story, giving them a bath or putting on lotion to help your baby transition to sleep time.



03

SOOTHING & COZY SLEEP SPACE

Is baby feeling bothered? Start by removing pajama tags, using a softer **fitted** sheet and darkening the room. Noise devices are **NOT** recommended for baby's sensitive ears.

04

SOOTHING AN OVER-STIMULATED BABY

When babies get over stimulated, it can feel impossible to calm them down. Try massaging their arms and legs or the **FOUR S's**: Suck, Sway, Swaddle, "Shhhh"



05

DON'T OVER-BUNDLE BABY!

We often assume babies need to be bundled up to stay warm, but this can actually cause your little one to overheat. Feel their neck and ears, and if they're hot, remove a layer or two.



06

MODIFIED "FUSS-IT-OUT METHOD"

Certainly check on your baby if you think something might be wrong, but fight the urge to check on them every time they cry in the crib for *at least* a few minutes. This helps baby learn to self-regulate and self-soothe.



AAP 2022 SAFE SLEEP RECOMMENDATIONS

01

SHARE A ROOM — NOT A BED!

Babies should sleep in the same room with caregivers, but on their own separate surface designed for infant sleep.



02

BACK TO SLEEP FOR EVERY SLEEP

Babies sleep safest on their backs. Belly sleeping and side sleeping actually pose much greater choking risk than back sleeping.



03

FIRM, FLAT SLEEP SURFACE

Babies should sleep ALONE on a firm, flat surface designed for infant sleep with ONLY a soft, fitted sheet in the same room as the caretakers.



04

BREASTFEEDING IS RECOMMENDED

If you're willing and able to feed baby breastmilk, it is recommended because it is associated with reduced risk of SUID.



05

NO SOFT OBJECTS IN THE CRIB

Pillows, plushies, quilts, comforters, loose bedding, and toppers all increase the risk of suffocation, entrapment and strangulation. However, pacifiers are recommended to reduce the risk of SUID.



06

AVOID OVERHEATING

Babies are comfortable in whatever you're comfortable in. Too much bundling can cause overheating.



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alone • back • crib