



13 tips for helping your baby drift off

PREGNANCY: RESOURCES FOR PREGNANT MOM

ARTICLE

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1 MIN

Help your baby drift off to sleep with these tips for a regular bedtime routine for your 6-8-month-old. Simply pick her favorites, or just one if she is tired, and follow the same order every evening to signal the move from day to nighttime. Sleep well baby!

13 tips for sweet dreams

Help your baby drift off to sleep with these tips for a regular bedtime routine for your 6-8-month-old. Simply pick her favorites, or just one if she is tired, and follow the same order every evening to signal the move from day to nighttime. Sleep well baby!

1 WARM BATH

- 2 Offer a massage or simply rub hypo-allergenic lotion into her skin.
- 3 Change diaper and clothes for sleeping.
- 4 Engage in quiet activities such as curling her fingers and toes.

5 ONCE UPON A TIME... Read a favorite book.

- 6 Sing a lullaby as babies love repetition and familiarity.
- 7 Rock, pat, or make gentle "shh" noises.
- 8 Cuddle and whisper – she will find your voice comforting.

9 Stroll around the room with your baby in your arms or on your shoulder for a gentle, regular rhythm.

- 10 Put her to bed when you notice she's becoming drowsy. Don't wait until she gets overly fussy or falls fast asleep.
- 11 Make sure her room is dark, quiet, and free from electronics like TVs.
- 12 Aim for bedtime at the same time every night.

13 Walk quietly out of the room (with your fingers firmly crossed!).

Sources

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