

Helping babies to sleep

Newborn babies sleep differently than older babies and children. They sleep for between 14 and 17 hours a day but in short bursts both during the day and will wake several times at night. As babies get older they need less sleep and more of their sleep happens at night. Babies under 6 months need feeding and helping to settle to sleep.



3 things you can do that help

- Make a difference between day and night. Play and interact with your baby in the daytime. At night have a low light and feed your baby in the bedroom
- Put your baby down in their cot when they are drowsy
- Start a routine or things that you always do to help you baby know it is 'sleep time'. For example, have a feed, change their nappy and a cuddle or quiet talking

How to sleep safely

Put your baby to sleep on their back
Make sure their face does not get covered when they're asleep
Have a safe cot with a firm mattress and tightly fitting sheets
Avoid smoking
Share a room
Breastfeed your baby

