

Sleeping

Infant Sleeping

Babies do not have regular sleep cycles until at least 6 months of age. As babies get older, they need less sleep. Every baby is different and has different needs for sleeping.

Always put your baby on his back to sleep to reduce the risk of Sudden Infant Death Syndrome (SIDS). SIDS is the leading cause of death for infants between the ages of 1 and 12 months.

Sleep Chart

| Age | Nighttime Sleep (Hrs) | Daytime Sleep (Hrs) | No. of Naps | Total Sleep (Hrs) |
|-----------|-----------------------|---------------------|----------------|-------------------|
| 1 Month | 8 | 8 | (Inconsistent) | 16 |
| 3 Months | 10 | 5 | 3 | 15 |
| 6 Months | 11 | 3.25 | 2 | 14.25 |
| 9 Months | 11 | 3 | 2 | 14 |
| 12 Months | 11.25 | 2.5 | 2 | 13.75 |
| 18 Months | 11.25 | 2.25 | 1 | 13.5 |
| 2 Years | 11 | 2 | 1 | 13 |
| 3 Years | 10.5 | 1.5 | 1 | 12 |

Crib Safety

Your baby's crib should be completely empty – this includes no pillows, blankets, toys, etc. When choosing a crib, make sure it meets all the current safety guidelines. Antique and used cribs may appear to be nice, but they may not be safe. Never use a crib with drop rails. Crib bumpers should also not be used in your baby's crib. They pose a risk of suffocation, strangulation or entrapment. Also, once your baby is older, he can use them for climbing out of the crib.

Swaddling

Research shows that swaddling your baby will help keep him calm and sleep longer because swaddling mimics the warm coziness of his mother's womb. It is important that when swaddling, you do it properly so it is snug around your baby and would never come loose – but not too tight. Also, only swaddle your baby when it is time to sleep because a swaddled baby will often sleep longer and not wake as easily. To reduce the risk of SIDS, always place your baby on his back to sleep. Stop swaddling your baby once he begins to start trying to roll over.

How to Swaddle

- Spread the blanket flat, with one corner folded in.
- Lay your baby face-up on the blanket, with his head near the folded corner.
- Straighten his left arm, and wrap the blanket around his body and tuck it between his right arm and his back.
- Fold the bottom point of the blanket up over his feet.
- Tuck the right arm down, and fold the blanket around his body and under his left side.
- Make sure his hips can move and that his legs should be able to get at least two or three inches away from the chest and the swaddle.



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