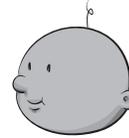


**I have a  
bedtime  
routine**



## **POINTS TO REMEMBER**



### ***Tips to Establishing Your Baby's Healthy, Independent Sleep Habits***

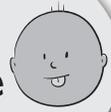
Remember that different parents have different goals and philosophies for their child's sleep. If you are happy with your current routine, you do not need to change it! If you want to encourage your baby to sleep on his/her own, the following tips will help you and your baby meet that goal.

- Set bedtime and regular nap times to regulate sleep patterns (start at 4–5 months).
- For babies younger than 6 months, be baby-led in establishing routines.
- Choose a bedtime that fits your family schedule and stick to it as much as possible. Try to have a calming down period in the early evening.
- Establish a predictable, routine bedtime routine such as:  
    bath, diaper, pajamas, story, song and kiss good night.
- Do the bedtime routine in the same order each night.
- Establish a less elaborate, but consistent naptime routine.
- Try to place your baby in his bed when he is drowsy, but not yet asleep.
- If your child is over 12 months, introduce a small, light lovey.
- Encourage your baby to fall asleep independently without a bottle, or rocking, or sleeping with your baby.
- Remember babies often need to cry for a few minutes after being put in their crib.
- If your baby wakes up in the middle of the night give her a chance to go back to sleep on her own.
- By 6 months, most babies do not need to be fed in the middle of the night for nutritional purposes, but be led by your baby. Many have learned to use nursing or a bottle for comfort at these times. These feedings can be gradually shortened and then stopped.

Remember babies cycle between deep and light sleep every 3-4 hours. When they are in light sleep they can cry out and trash about. The task is not to let your baby cry it out for long periods, but to develop a supportive ritual to sooth and calm down your baby. If your baby does not calm down or fall back to sleep, then sooth and calm her. Soothing promotes trust and safety. Stay in the room, while you are soothing your child. The important thing is to develop a supportive ritual, so your child has a chance to self-regulate and go back to sleep on her own.



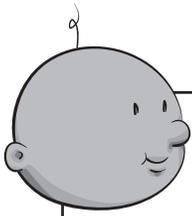
I help  
my baby  
feel secure  
and safe



## ***POINTS TO REMEMBER***

### ***Helping My Baby Feel Loved, Safe and Secure***

- Cuddle, rock, kiss, and hug my baby often
- Speak “parent-ese” to my baby
- Try to make sense of my baby’s nonverbal cues and cries by checking out diaper, feeding, or cuddling needs
- Try to see my baby’s point of view and talk to my baby about it
- Provide consistent comfort when my baby is upset
- Say my baby’s name often
- Make everyday things such as diapering, feeding, and bath time fun and loving rituals to give a familiar feeling
- Tell my baby I love him and share feelings of joy
- Notice when my baby is distressed, unhappy, sad, or happy and name and reflect his feeling
- Structure my baby’s day with predictable routines and responses
- Modulate the amount of stimulation my baby receives
- Touch my baby in loving ways
- Try to be consistent and limit the number of activity changes each day
- Stay calm with my baby when my baby is upset
- Read my baby’s mind and respond with adjustments



## **POINTS TO REMEMBER**

### ***Goodness of Fit—Managing Your Baby’s Temperament***

Even if parents have different temperaments than their children, they can still strive for a good fit with their baby and child. A good fit is when parent’s demands and expectations are compatible with their baby’s temperament, abilities and characteristics. The goal is always to manage rather than to squelch or change temperament.

Here are some tips for achieving a good fit and managing your baby’s temperament.

- Realize that your baby’s temperament style is not your “fault” because temperament is something biological and innate, not something that is learned from parents. Your baby is probably not purposely trying to be difficult or irritating. Don’t blame him or yourself.
- Respect your baby’s temperament without comparing to other siblings or trying to change his or her basic temperament.
- Consider your own basic temperament and behavior and tailor your parenting responses when they clash with your baby’s responses to encourage a better fit.
- Remember what you model for your children is what they learn from you.
- Try to consider and anticipate your baby’s adaptability, activity level, sensitivity, biological rhythms and ability to sustain attention when planning activities that are most suitable for your baby.
- Try to focus on the issues of the moment. Do not project into the future.
- Review your expectations for your baby, your preferences and your values. Are they realistic and appropriate?
- Anticipate high risk situations and try to avoid or minimize them.
- Enjoy the interactions and the differences in each of your children.
- Avoid labeling your baby as bad or difficult as this may lead to negative self-image and further compound his difficulties.
- Try to distinguish between a tantrum that is temperamentally induced (reaction to disappointment) versus one that is manipulative (designed to get parent to give in).
- Help your baby feel special.
- Find a way to get relief for yourself and your baby by scheduling some time apart.

Remember above all temperament qualities can be shaped to work to a baby’s advantage if they are sensibly managed.

**I make my  
baby feel  
special**



# Promoting Your Baby's Emotional Development

