

## Putting To Bed Concerns Over Baby's Sleep

(NAPSA)—As many new parents can attest, the phrase “sleeping like a baby” was probably coined by someone with no children. Fortunately there are ways to help newborns and infants sleep through the night.

That's important, say doctors—for babies and parents alike. Child sleep experts say parents of infants and young children, particularly first-time parents, often experience feelings of uncertainty and anxiety when it comes to settling their children into regular sleep routines. In addition, many new parents experience sleep deprivation symptoms as a result of staying up with their children.

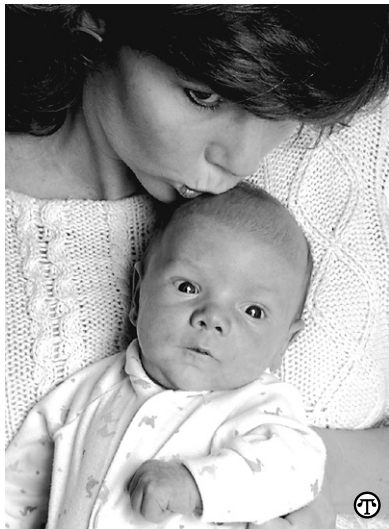
“Every baby is different and the key is to know how to tune into the individual needs of your child,” explains sleep expert Dr. Jodi Mindell. “But when you lack parenting experience, it can be hard to know when to trust your own judgment.”

Try these tips to help your infant or newborn find dreamland:

- **Learn your baby's signs of being sleepy.** Some babies become fussy or cry when they get tired, but others will rub their eyes, pull on their ears or even stare off into space. Put your baby down for bedtime or a nap when your baby first lets you know he or she is tired.

- **Establish a consistent bedtime routine that might include a bath and a story.** Products such as JOHNSON'S® Bedtime Bath™, Bedtime Lotion™ and Baby Powder with natural lavender and chamomile can help, too. They're made with a special blend of herbs, including lavender and chamomile, known for their relaxing aromatherapy properties.

- **Put children to sleep on their backs.** This lowers the risk



**Establishing a regular bedtime routine can help you help baby fall asleep at night.**

of Sudden Infant Death Syndrome (SIDS). Parents should also avoid placing young children to sleep on a waterbed, sofa, pillow, soft mattress or other soft surface.

For toddlers:

- **Set a regular sleep schedule.** Establish regular nap times and bedtime that allows your toddler to get all the sleep he or she needs.

- **Wind down your routine where your child sleeps.** Make sure the last few soothing minutes of the bedtime routine happen right in your toddler's room.

- **Put your child to bed drowsy but awake.** This may teach your toddler to fall asleep, and go back to sleep in the middle of the night on his or her own, with little or no help from you.

- **Put your child to bed, say “good night” and leave.** Children should not need a parent to help them fall asleep.

For more tips visit [www.sleepfoundation.org](http://www.sleepfoundation.org).