

BABY BASICS

Sweet Dreams

(NAPSA)—For many new parents, one of the biggest challenges in welcoming a little one is getting the baby to sleep through the night. Following are some easy-to-follow tips to help newborns get a sound and safe sleep:



A sleep bag helps keep a baby safe and warm, without loose blankets.

- **Develop a Routine**—At four to six weeks old, a sleep pattern will begin to develop. Take notice when your baby naps and how long baby sleeps during each interval. At eight to 12 weeks old, set a daily sleep schedule with consistent sleep times and pre-bedtime activities, such as baths or feedings.

- **Sleep Safely**—To reduce the risk of Sudden Infant Death Syndrome (SIDS), place infants on their back or sides and remove loose blankets, stuffed animals or covers from the crib.

- **Use a Sleep Bag**—Although baby sleep bags are relatively new in the United States, pediatricians across Europe have recommended them for years. Developed by two new mothers, Cloud b's LullaBag zips up the side and snaps over the shoulder, creating an enclosed sleeping-bag, keeping baby warm and safe.

For more tips on getting your child to sleep through the night, visit www.cloudb.com.