

Baby Sleeping - Everything You Need To Know About Baby Sleep



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Everything You Need To Know About Baby Sleeping Your baby is going to be sleeping a lot. During the first few months, your baby will sleep for most of the day. You may not get any real interaction, or reactions other than sleep and crying. Sleep After a few months, your baby needs to be put on a standard routine. Usually this includes wind down time, bath, feeding, massage, and sleep. You can always use soothing music to help your baby sleep, or even stuffed animals that have the reenacted sounds of the

wombs in their belly. Be sure to not place the stuffed animals into her crib, as that is dangerous. SIDS and Baby Sleeping Bags SIDS, Sudden Infant Death Syndrome is a syndrome in which an otherwise seemingly healthy baby suddenly dies in his sleep. There are things you can do to prevent SIDS. Always remember, Back to Sleep, place your baby on his back to sleep. Place the baby in well-fitted clothing and do not put any pillows, toys, or blankets into the baby's crib. You can also put the baby in a Baby Sleeping Bag, a garment that the baby wears and you zip up to keep the baby warm, without the fear of a baby covering his face. Try New Things Try different things and see which works best for you. Try the baby sleeping in your bed, bassinet, cosleeper and crib and see which one the baby naturally adapts to. Then every week, you can try a new sleeping source and see if the baby will sleep in that. Your Marriage Just because you have a new baby doesn't mean you should not be putting effort into your marriage. It is still important to spend time with your spouse, both with the baby and separately. Talk, laugh, have fun, have sex, just enjoy one another. Advice Take in the advice of your doctors and your parents. You can read books on how to get your baby to sleep. Ultimately though, you are going to know what works best for your new little one. So relax and have fun. What may at times seem like a lot of work, to get your baby to stop crying and start sleeping, you will only experience for a while with your child. Just love them and enjoy these new adventures.

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