

# *Sweet Dreams*

FOR BABY AND YOU

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A GUIDE TO HELPING BABY  
ESTABLISH HEALTHY SLEEP HABITS



*Sassy*<sup>®</sup>





# A H H ! S L E E P !

*One of the most welcome milestones in a baby's development is sleeping through the night, which can be defined as sleeping 6 to 8 hours in one stretch. On average, this happens between 2 and 6 months, when the baby has reached a weight of 11 to 13 pounds and no longer needs to eat every three or four hours throughout the night. This is about the same time as baby's brain matures enough to allow for more regular sleep cycles.*

While physical factors play a key role in baby's ability to sleep through the night, learned behaviors also contribute. The following key principles and age-by-age tips will help you teach your baby these important skills.

## **DEVELOP AND STICK TO A CONSISTENT ROUTINE**

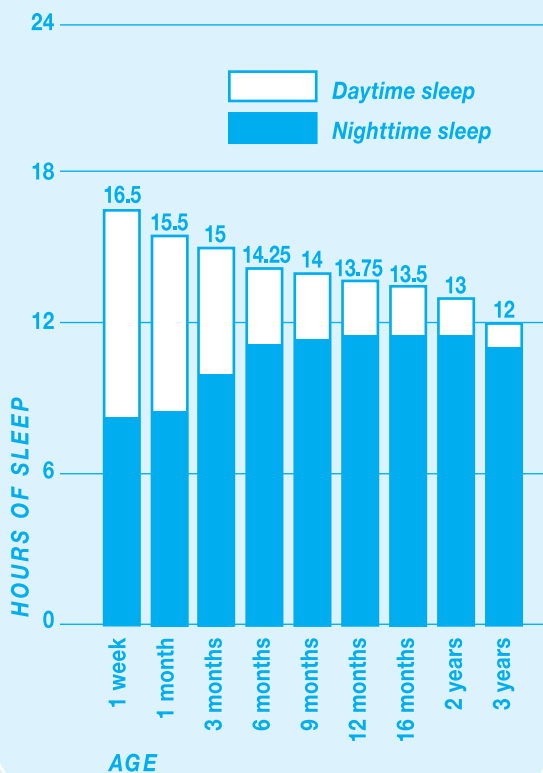
Although today's families are always on the go, it pays to slow down when there is a new baby in the house. A regular schedule, which includes play and interaction as well as naps, will help establish healthy sleep patterns.

## **TEACH BABY THE DIFFERENCE BETWEEN NIGHT & DAY**

In the beginning, babies need to eat frequently, so nighttime wakings are necessary. Respond to baby at night differently than you do during the day. Keep the lights off or very low and avoid playing or talking. This way, baby stays relaxed and will more likely go right back to sleep. Put baby right back to bed after feeding. During the day, play and talk with baby before and during feedings. This helps tire baby a little so that the sleep will be more sound and restful at nap time and at nighttime.



## HOW MUCH SLEEP DO BABIES NEED?\*



### HELP BABY LEARN TO SELF-COMFORT

In the beginning, it is important to respond quickly to your newborn's cries. This quick response helps baby develop a sense of trust and self-esteem. Remember, you can't spoil a newborn. As baby gets older, it's okay to let her fuss a little as she works to settle herself to sleep. If you delay picking your baby up to comfort her, you may find that she is able to fall back to sleep on her own. If baby gets used to falling asleep in your arms, she will be less likely to settle herself back to sleep if she wakes up in her bed.

# AGE BY AGE

## *Sleep Tips*



### NEWBORN

Before daytime feedings, when baby is alert, let him scan your face while you look in his eyes and talk to or sing to him.

“Play” like this as long as baby will tolerate. He’ll let you know when playtime should end and feeding should begin.

Swaddle your baby to help him settle for sleep. This helps him make the transition from your arms to bed because baby still feels snuggled. Put baby down when drowsy after eating.

## 3 - 6 WEEKS

“Play” longer around changings, prior to feeding. This encourages longer awake times and more efficient feedings. Avoid “high stimulation” activities such as “light and sound” toys, which over stimulate baby, resulting in less rest and more irritable crying. Avoid sleep in swings, car seats and infant seats. This “twilight sleep” is not restful or restorative. Put baby to bed when drowsy but not fully asleep so that baby can learn to fall asleep on her own.

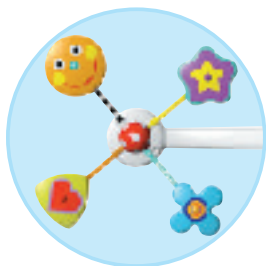


## 6 WEEKS TO 3 MONTHS



Use a mobile, activity mat or crib gym to entertain baby for short periods during the day. Talk to or pat baby occasionally when

awake and quiet - not just when crying. This encourages baby's efforts at "self-entertainment." Put baby down for at least 2-3 naps per day to avoid over tiredness, which can lead to less good nighttime settling. Baby's fussiness may indicate the need for sleep. In that instance, you CAN put a fussy, restless baby down for a nap. Once baby starts wiggling out of swaddling, use a blanket sleeper for warmth and security.



## 3 - 5 MONTHS

Continue to provide a consistent daytime schedule of naps, independent play and interactive play. By now, baby's nervous system is usually mature enough to allow a long period of sleep. If baby has learned some self-calming skills, he can usually settle himself from light sleep to sound sleep at least once in an 8-hour stretch of sleep. Baby should also know the difference between play time and sleep time and should begin settling to sleep as soon as placed in bed. Baby may fuss a little during settling, but should not need parental intervention to calm down. A little fussing helps baby release energy.

Put these tips into practice and not only will you reap the benefits of 6 to 8 hours of uninterrupted sleep, you'll also find comfort in knowing that adequate sleep and a regular schedule contribute greatly to your child's health and sense of well-being and security.



# BACK TO SLEEP

*The American Academy of Pediatrics recommends that healthy infants sleep on their backs at night and at nap time to reduce the risk of Sudden Infant Death Syndrome (SIDS). Babies are not more likely to choke while sleeping on their backs. Be sure to share this instruction with all of baby's care givers and sitters.*

- Put baby to sleep on the back.\*
- Swaddling helps baby remain on the back and helps reduce the "startle reflex" which can wake baby.
- Put baby to sleep on a firm mattress, without a pillow or comforter. Avoid fluffy blankets, sheepskins, pillows, stuffed animals and other soft materials in the bed.
- Keep your baby's body temperature comfortable; dress your baby in the same layers that are comfortable for you.
- Do not allow anyone to smoke in baby's presence.
- If baby seems sick, call your doctor for guidance. Schedule and keep recommended check-up and immunization appointments for your baby.
- Breast feed your baby when possible.
- Don't forget to enjoy your new baby. Most babies are born healthy and most stay that way. Don't let the fear of SIDS spoil the joy of having a new baby.

*Remember, although baby should always sleep on the back, it is important to put baby on the tummy for supervised play times. This helps baby learn to lift the head, roll and crawl.*

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*\* Some babies have health conditions that might require an alternative sleep position. Talk to your doctor about the best sleep position for your baby.*

# AGE BY AGE

## Mobile Tips

*Here are some age-specific tips for using the mobile most effectively:*

### NEWBORN



When attached to the crib railing with the mattress in the uppermost position, objects on the Sassy Mobile are designed

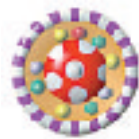


to hang 10 to 12 inches from your newborn's face, the distance most newborns can see most clearly. Choose the slow classical music, to help your newborn relax and settle down to sleep. Save the peppier lullaby for when baby is older. Display the mobile toys with the simple designs facing your infant until she is 3 months old. ALWAYS respond to your newborn's cries in person, checking to see that baby □ isn't caught in the blankets or in any danger. DO NOT USE the remote without checking on your baby directly.



## 3 MONTHS +

To keep baby from reaching the objects on the mobile – a danger to your young baby – lower the crib mattress a rung. This increased distance takes advantage of baby’s improved vision. Switch the toys on the mobile so that the more complex designs face baby.



- Occasionally flip the objects on the mobile to keep it interesting: alternate the colorful, complex designs with the simple, high-contrast designs.
- Separate sleep from play in the crib by positioning baby in the end of the crib not typically used for sleep during play.
- Play the “jazzy” lullaby to promote alertness during daytime play. Use the classical music or white noise to promote sleep.
- If the objects on the mobile seem to draw baby’s attention when it is time for sleep, swing the mobile away from baby’s vision.



## 5 MONTHS +



When baby is able to reach the mobile and/or can get into a sitting position (around 5 months), remove the mobile from baby's crib. Detach the toys and give them to baby for handheld play. You may continue to use the soothing sounds of the music box to help your older baby get to sleep. Keep the round music box attached to the crib, but be sure to remove the long curved arm from the music box.



*Sassy*

# MUSIC IN MOTION *Developmental Mobile*

## *More than a Mobile*

MUSIC BOX CAN BE ENJOYED  
IN OLDER BABY'S CRIB

TOYS DETACH AND ARE  
SASSY RATTLES

REVERSE TOYS TO MATCH  
BABY'S DEVELOPING VISION

## *You Choose the Music/Sound*

CALM CLASSICAL MUSIC

COMFORTING LULLABY MEDLEY

SOOTHING WHITE NOISE (WAVES)

REMOTE CONTROL

- DOESN'T DISTURB BABY

## *Lulls Baby to Sleep*

MOVES SLOWLY AND HESITATES  
FOR FOCUSING AND CALMING

MUSIC PLAYS 10 MINUTES

SOUND DIMINISHES AT END



## *Look* FOR OTHER SASSY PRODUCTS!



*Who Loves Baby Photo Book*

*Stars & Sun Rattle Fun*



*Fascination Station*

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