

**Good sleep routines**

**Babies 0 - 6 months**



**Easy English**

**Hard words**

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|  | This book has some hard words. |

The first time we write a hard word

* the word is in **blue**
* we write what the hard word means.

**You can get help with this book**

You can get someone to help you

* read this book
* know what this book is about
* find more information.





Page 2

**About this book**

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|  | This book is written by the  Department of Health. |

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|  | This book tells you about good **sleep routines** for babies aged **0 - 6** months. |

Sleep routines means things you do to help your baby sleep each day.

Page 3

**Get to know your baby**

**Bonding** is important to help your baby sleep.

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|  | Bonding means you   * get to know your baby * help your baby feel safe. |

Bonding might mean you



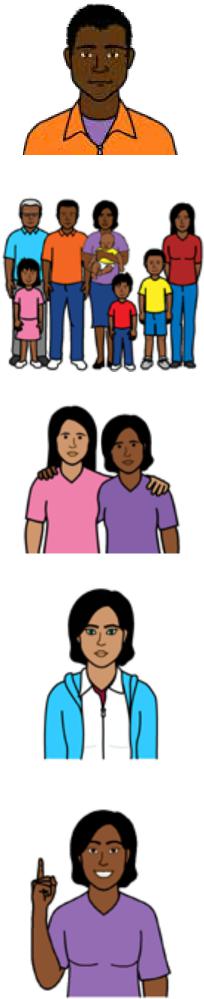
* cuddle your baby
* talk to your baby
* sing to your baby
* smile at your baby
* look your baby in the eyes.

Page 4

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|  | It is ok if you find it hard to bond with your baby. |

You can get help from others to bond with

your baby.



For example, your

* partner
* family
* friends
* Maternal and Child Health Nurse.

You will work out the best way to bond with your baby.

Page 5

**Responsive settling**

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|  | **Responsive settling** means you help your baby sleep and settle. |

From 0 - 3 months your baby does **not** know how to settle on their own.

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|  | To help settle your baby, you can try   * gentle pats or strokes * quiet noises like shushing * a walk in the pram * a bath * cuddles. |
| Page 6 |  |

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|  | If the way you settle your baby does **not** work  after 5 - 10 minutes, change to  something else. |

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|  | Try one idea at a time for up to 10 minutes until your baby settles. |

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|  | To help your baby settle, check your baby   * has a clean nappy * is fed * is **not** too hot or cold. |

Page 7

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|  | If your baby will **not** stop crying and you are tired   * take a break for 3 - 5 minutes |

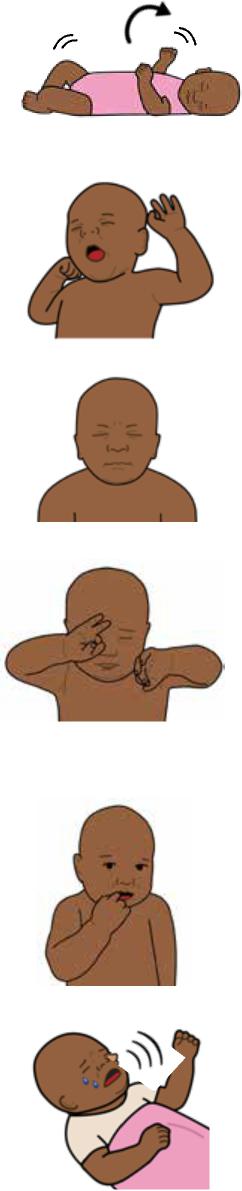
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|  | * put your baby in the cot where they can cry in a safe place. |

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|  | You must rest and look after yourself too. |

Page 8

**Tired signs**

**Tired signs** are what your baby does when they are tired.



Your baby might

* move around a lot
* yawn
* frown
* rub their eyes
* make a fist
* suck their fingers
* cry.

Page 9

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|  | Tired signs help you know when to put your baby in the cot to sleep. |

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|  | From **0 - 3** months your baby will get tired if they are awake for **30 - 45** minutes. |

From **3 - 6** months your baby will get tired if they are awake for **1 and a half** to **3** hours.

Page 10

**Sleep routines**

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|  | **Sleep routines** means you do things in the same order every day before sleep time. |
|  | Sleep routines help your baby learn when it is sleep time. |

**Day time sleep routines**

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|  | Sleep routines in the day might mean you   * feed your baby |

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|  | * play with your baby, for example, floor time or a song |

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|  | * put your baby in the cot when you think they are tired. |

Page 11

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|  | **Night time sleep routines**  Do things to help your baby relax at night. For example   * do **not** play * give a bath * read or tell a bed time story. |

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|  | Make sure all sleep routines   * are the same every time |

* are short, for example 15 - 30 minutes. Page 12

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|  | **Sleep environment**  Keep the **sleep environment** the same.  The sleep environment is the place your baby sleeps. |

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|  | You can   * make it dark and quiet |

* turn off screens such as a TV or tablet 30 minutes before sleep time



* give a bath at night
* wrap your baby in a safe way.

There is information about safe ways to put

your baby to bed at the end of this book.

Page 13

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|  | **Self settling**  Your baby might **self settle** after 3 months.  Self settle means your baby learns to sleep and settle on their own. |

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|  | If you hold your baby every time until they sleep, your baby may **not** learn to self settle. |

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|  | To help your baby self settle   * put them in a cot when you think they are tired |

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|  | * let your baby sleep on their own. |

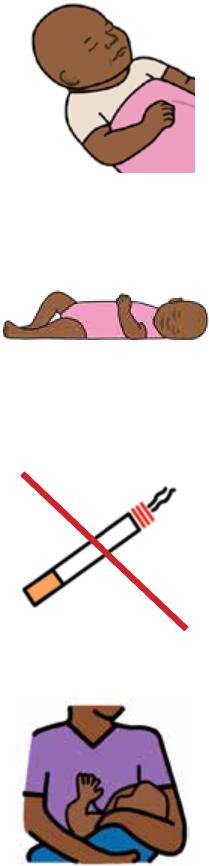
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|  | Your baby will still wake for feeding. |

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**Safe sleep**

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|  | * **not** in bed with you. | Page 15 |

To help your baby sleep safely make sure



* nothing covers their head or face
* your baby sleeps on their back
* you do **not** smoke around your baby
* you breastfeed your baby.

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|  | Make sure your baby sleeps in a safe place. For example   * in a cot near your bed |

For more information contact the

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|  | **More information** |

Department of Health.

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|  | Website  [https://www.betterhealth.vic.gov.au/ healthyliving/Child-health-0-6](https://www.betterhealth.vic.gov.au/healthyliving/Child-health-0-6) |

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| --- | --- |
|  | If you are worried about your baby   * contact your Maternal and Child Health Nurse |

* call the Maternal and Child Health Line.

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|  | Call 13 22 29  The helpline is open 24 hours per day and 7 days per week.  You can also see your doctor for more help. |
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**More Easy English**

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|  | There are more Easy English books on our website about   * sleep for newborns |

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|  | * help for sleep problems. |

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|  | For more information about safe sleep go to the Red Nose website  [rednose.org.au/resources/education](http://rednose.org.au/resources/education) |

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|  | For information about bonding for dads go to the Raising Children website <https://raisingchildren.net.au/babies/sleep> |

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|  | **If you need help to speak or listen**  You can use the National Relay Service or  NRS if you need help to make a call. |

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|  | Call the NRS help desk  1800 555 660 |

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|  | [Go to the NRS website](https://www.accesshub.gov.au/about-the-nrs) https://www.accesshub.gov.au/about-the-nrs |

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**Notes**

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To receive this publication in an accessible format email Maternal and Child Health and Early Parenting: [MCH@health.vic.gov.au](mailto:MCH@health.vic.gov.au).



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