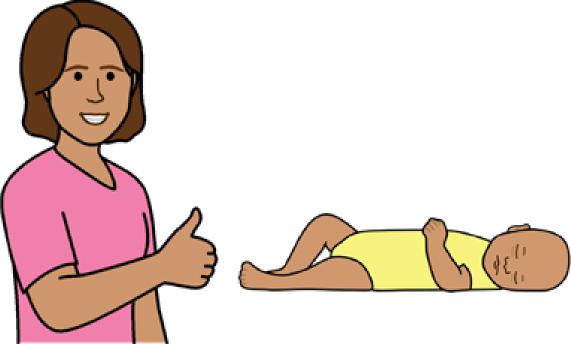
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**Good sleep routines**

**Babies 6 - 12 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**

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

|  |  |
| --- | --- |
|  | This book tells you about good **sleep routines** for babies aged **6 - 12** months. |

Sleep routines mean 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.

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

|  |  |
| --- | --- |
|  | Your baby might start to bond with other people and things. For example, your friends or toys. |

|  |  |
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|  | Make sure you   * play with your baby * talk and sing to your baby * look your baby in the eyes. |
| Page 4 |  |

**Responsive settling**

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

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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 * cuddles. |

Page 5

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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 6

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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. |

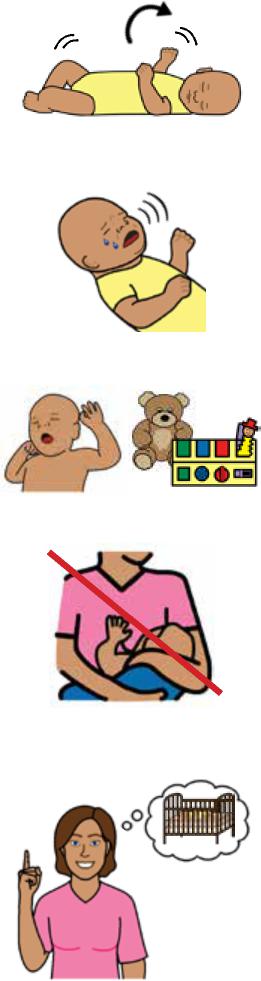
Page 7

**Tired signs**

Tired signs are the things your baby does

when they are tired.

For example, your baby might



* move around a lot
* make noises or cry
* get bored with toys
* **not** want to eat.

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

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|  | Your baby will get tired if they are awake for 2 - 3 hours. |
| Page 8 |  |

**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 |

|  |  |
| --- | --- |
|  | * 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 9 |

**Night time sleep routines**

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| --- | --- |
|  | 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 sleep routines   * are the same every time |

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| --- | --- |
|  | * are short, for example 15 - 30 minutes. |

Page 10

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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 |

|  |  |
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|  | * turn off screens such as a TV or tablet 30 minutes before sleep time * have a bath at night * make sleep and wake times the same time every day. |

Page 11

|  |  |
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|  | **Self settling**  Sleep routines help your baby **self settle**.  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. |

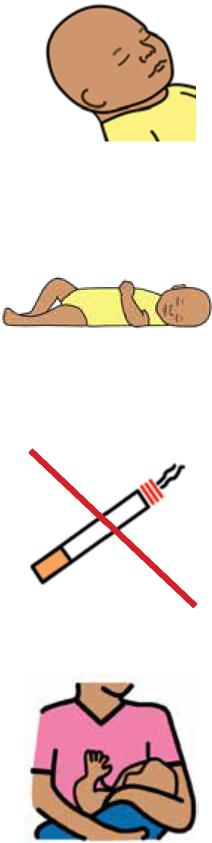
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|  | Your baby will still wake for feeding and nappy changes. |

Page 12

**Safe sleep**

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|  | * **not** in bed with you. | Page 13 |

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.

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

For more information contact the Department of Health.

|  |  |
| --- | --- |
|  | **More information** |

|  |  |
| --- | --- |
|  | Website  <https://www.betterhealth.vic.gov.au/healthyliving/child-health-0-6> |

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

* call the Maternal and Child Health Line.

|  |  |
| --- | --- |
|  | 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. |
| Page 14 |  |

**More Easy English**

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

|  |  |
| --- | --- |
|  | * help for sleep problems. |

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|  | For more information about safe sleep go to the Red Nose website  [https://rednose.org.au/resources/ education](https://rednose.org.au/resources/%20education) |

|  |  |
| --- | --- |
|  | For information about bonding go to the Raising Children website [https://raisingchildren.net.au/babies/](https://raisingchildren.net.au/babies/connecting-communicating/bonding-babies)  [connecting-communicating/bonding-babies](https://raisingchildren.net.au/babies/connecting-communicating/bonding-babies) |

Page 15

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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. |

|  |  |
| --- | --- |
|  | Call the NRS help desk  1800 555 660  [Go to the NRS website https://](https://www.accesshub.gov.au/about-the-nrs)  [www.accesshub.gov.au/about-the-nrs](https://www.accesshub.gov.au/about-the-nrs) |

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**Notes**

Page 17

**Notes**

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**Notes**

Page 19

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



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