

Your baby's sleep



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Sleep is an important part of your child's life: getting enough rest is essential to their well-being. When a child is rested, they are less irritable, and this helps the family to be more in balance and stable.

It is important to respect each child's sleep routine and needs in order to ensure healthy growth and good development.

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Some tips for getting your child to sleep

You can spot signs of fatigue such as

- Frequent yawning
- Rubbing their eyes
- Closing their eyes
- Intensive sucking on a dummy (pacifier) or finger
- More irritable, starts to cry
- Snuggles with soft toy

As bedtime approaches

Slow down the pace of activities

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Establish a bedtime ritual that is not overly long, for example

- Give your child lots of affection and cuddles
- Say goodnight to the rest of the family
- Sing a lullaby
- Read a bedtime story
- Turn off the light
- Around the age of six months, when your baby may start to show attachment to a certain object, you can use a soft toy as a transitional object between daytime and night-time

If necessary:

- Use a music box
- Use a low-intensity night-light



After the age of four months, establish a bedtime routine and start teaching your child to fall asleep on their own.

Your child will gradually learn to self-soothe and go back to sleep on their own.

You may want to sit next to your child and soothe them.

A regular routine of meals and naps during the day, as well as a regular bedtime, will help your child fall asleep and improve their sleep quality.

Your child may sometimes cry, especially at the end of the day. This is a way for them to express themselves.



Here are some guidelines

Between 0 and 3 months

Baby sleeps around 14 to 17 hours a day

From 4 to 11 months

Infants sleep about 12 to 15 hours a day, including naps

Between 1-2 years

Children sleep about 11 to 14 hours a day

Between 3-4 years

Children sleep about 10 to 13 hours a day

Children should sleep in their own bed. During the first few months, it is okay for babies to sleep in their parents' room.



Important

- During the first few months, it is quite normal for your child's sleep to be disturbed or agitated and for them to wake up often during the night.
- If you have any questions about your child's sleep, contact your midwife, early childhood nurse or paediatrician.
- It is not recommended to let your child fall asleep with a bottle, as this can contribute to the development of tooth decay
- The baby's face should be kept clear of any objects. Remove any dummy (pacifier) cords, chains or amber teething necklaces
- For more information on how to put your child to sleep, see the leaflet on "Preventing Sudden Infant Death Syndrome (SIDS)".
- Sleeping pills are not meant for babies. It is dangerous to administer them to babies without a doctor's prescription.



Programme cantonal de promotion de la santé et
de prévention primaire enfants (0-4 ans) - parents



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