

## d. Sleep

### MODULE 8

***To help lower the risk of Sudden Infant Death Syndrome (SIDS), a healthy baby should be placed on his/her back to sleep for every sleep. The safest place for a baby to sleep is in a crib, cradle, or bassinet that meets current Canadian regulations. Also, infants who share a room with a parent or caregiver for the first 6 months have a lower risk of SIDS.***

Newborns snooze and sleep whenever they are tired. They have no real sense of being "awake" or "asleep". Each new baby establishes a pattern of sleeping and waking. As you get to learn your baby's patterns, you will know when he or she is sleeping, awake, and when in a quiet alert state.



You can help your baby learn the difference between sleeping and waking by putting the baby in their crib when he or she is very sleepy and interacting and communicating with your baby when he or she is awake. Babies will learn to associate their crib with sleep.

Here are a few tips to make the nights easier.



Babies who lie in one position for long periods can develop flat spots on their heads. This happens because the bones of the baby's skull are very soft in the first year of life. In addition, babies have weak neck muscles and have difficulty turning their heads on their own.

This is what you can do to prevent your baby from getting flat spots on his/her head.

### **Tips to Prevent Flat Spots on the Head**

- Change the baby's position in the crib each day. For example, one day place the head at the head of the crib and the next day place the head at the foot of the crib.
- Avoid long periods of time in car seats, swings, and baby seats where the head will be in the same position.
- Change the feeding position.
- Place toys and mobiles so your baby will turn his or her head in different directions.
- Place your baby on his or her tummy or side while playing when he or she is awake. This is also good for your baby's development.

