

## INFANT SLEEP

Sleep is very important to your child's health and well-being. Good sleep habits start from birth. Every child is different, and the amount of sleep your child needs depends on their age and their activity level.

Birth to 2 months	16 – 18 hours (3 – 4 hr at a time)
2 to 6 months	14 – 16 hours
6 to 12 months	13 – 15 hours
1 to 3 years	10 – 13 hours

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Always put your child on their back to sleep on a hard surface. This is the safest position to decrease the risk of sudden infant death syndrome (SIDS). Also, keep the crib/bassinet free of blankets, pillows and stuffed animals.

### Healthy Sleep Tips

- Put your baby in bed when he or she is drowsy but not awake
- If your baby wakes or stirs at night, try to wait for a few minutes to see if he or she will settle on their own, especially after 6 months or when they don't need a night-time feed.
- Avoid overstimulation and excessive play before bedtime. Keep the lights dim and turn off extra lights
- Consistent bedtime routine is important and should start early
- Do not put your baby to bed with a bottle. This is associated with tooth decay and cavities.

### Naps

Napping can actually help your baby sleep at night. An overtired baby has more difficulty settling to sleep. Your baby will likely develop a consistent nap routine around 6 to 12 months. It usually consists of 2 naps per day, one in the morning and one in the afternoon. Most toddlers continue to require 1 to 2 naps per day.

### Sleep Association Disorder

Sleep-onset association disorder is a condition in which a child associates their ability to fall asleep with something in their environment or even a person. Examples include needing to be held, rocked or nursed, falling asleep in the car and/or sleeping in a parent's or sibling's bed. It is essential to encourage the child to fall asleep on their own at all sleep intervals, including naps. The main way to treat is to remove the association, either suddenly ("Cry it out") or gradually (Ex. moving further away from the bed). Whichever method you decide works best for your family, pick a sleep training method and stick to it!

For more information, visit Caring for Kids "Healthy sleep for your baby and child" [www.caringforkids.cps.ca/handouts/healthy\\_sleep\\_for\\_your\\_baby\\_and\\_child](http://www.caringforkids.cps.ca/handouts/healthy_sleep_for_your_baby_and_child)