



Comforting Your Baby Resources for Families

Parenting a newborn or infant can be challenging; and on little to no sleep, it can seem impossible. Many times, exhausted parents disregard Safe Sleep guidelines in exchange for some uninterrupted sleep. For parents to get that sought-after sleep after bringing your newborn baby from the hospital, it is important to learn how to soothe your baby when they are fussy and to transition your baby into a solid routine.

Below are tips that can help your family adjust during this often overwhelming time.

Putting Your Baby to Sleep

- **Make sure all of the baby's comfort needs are met:** dry, dressed warmly, and well fed.
- **Follow a consistent, calming bedtime routine.**
- **Put your baby to bed drowsy but awake.**
- **Give your baby time to settle down.** Your baby might fuss or cry before finding a comfortable position and falling asleep.
- **Consider a pacifier.** Research suggests that using a pacifier during sleep helps reduce the risk of Sudden Infant Death Syndrome (SIDS).
- **Keep nighttime care low-key.**
- **Respect your baby's preferences.** You might need to adjust routines and schedules based on these natural patterns.
- **Always practice ABCs of Safe Sleep.**

Calming Your Baby

- **Remain calm.** If you are calm, your baby is more likely to be calm.
- **Cuddle your baby against your body** while you walk or sit in a rocking chair.
- **Change their scenery.** Walk around the house, take stroll down the block, or a ride in the car.
- **Play soft music**

Staying Safe

If you continue to find that your baby is not calming and you become frustrated, take these steps:

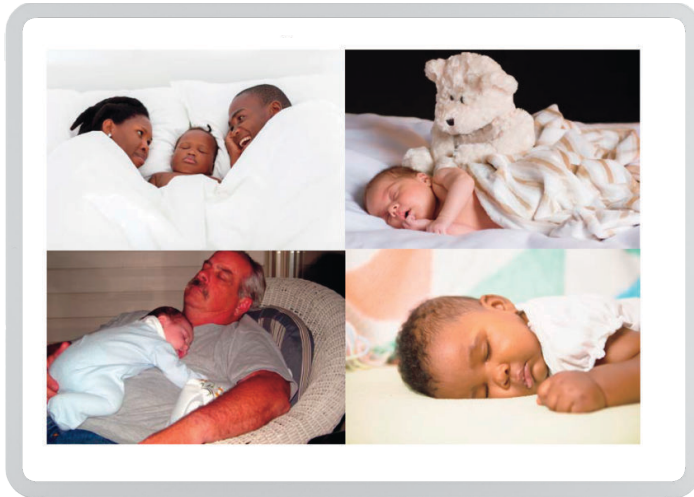
- **Try taking deep, even breaths.** Deep, even breathing sends the message to your nervous system that you are safe, which helps your body start to regulate.
- **Ask for help.** Create a village of people you can call on for moral and physical support.
- **Put your baby down in a safe place (crib or pack 'n play) and take a break.** If you are alone be sure your baby is fed, dry and safe. *It is okay to leave them in the empty crib while you step away to another room until you can calm down or until help arrives.*



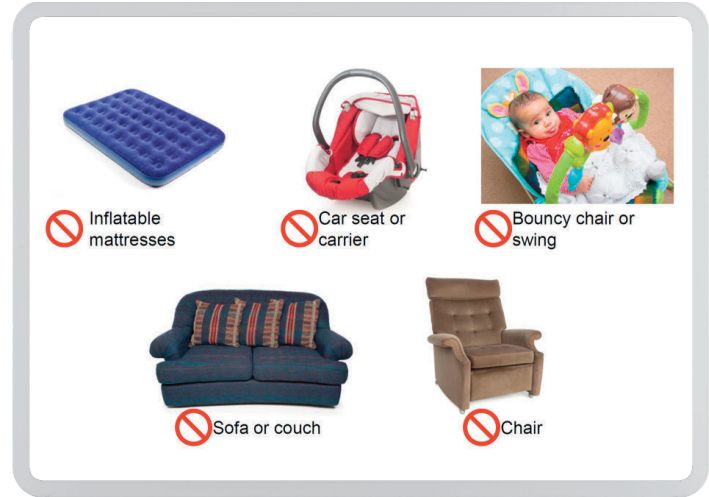
Need a Pack 'n Play Portable Crib?

Call CelebrateOne, 614-570-3592 or visit Columbus.gov/CelebrateOne

Unsafe and Potentially Deadly Sleep Scenarios



Unsafe places for baby to sleep



BABIES SHOULD NEVER SLEEP IN THE FOLLOWING PLACES:

COUCH: Couches are too soft for a new baby and present hazards, such as the baby rolling into the corners or getting stuck in the back of the couch. The baby could also roll off the couch which could cause a serious injury.

AIR MATTRESS: Most air mattresses are not able to maintain their firmness through the day/night. Infants can suffocate on an air mattress or become entrapped between the mattress and bed frame or between the mattress and wall (Consumer Product Safety Commission) (CPSC).

CAR SEAT: While babies often fall asleep in a car seat when traveling, “sitting devices” such as swings and car seats should not be used for naps and overnight sleep. A baby’s airway is soft and can be crimped off when their head is in a poor position. Baby needs to be laid flat for sleep. Once home, it’s safest to remove the baby from the car seat and place them in their own empty crib.

ADULT BED: Adult beds are dangerous because the mattresses are too soft. Baby can roll off the bed and/or get stuck between the mattress and wall, headboard, footboard or other furniture and suffocate. There’s also the risk of parents rolling over onto the baby.

ON YOUR CHEST: While people love to take pictures of a parent and baby napping together, it isn’t the safest method of sleep for your baby. Once a baby falls asleep, place the baby in their empty crib.