

Sleep

New babies wake up a lot. Parents can feel like they will never get enough sleep.



Waking up keeps newborn babies safe and healthy. Newborn babies sleep for 16 hours every day. Too bad it is not all at once! When they get older, they will sleep more like you!

Babies have two different kinds of sleep. In “Active Sleep” babies are dreaming and very easy to wake up. In “Quiet Sleep” babies do not move very much and take longer to wake up.

Both kinds of sleep are good for your baby. They do both without even trying! It helps them grow big and smart!

Sleepy Parents

It is hard to be a new parent. You need to remember to get a lot of rest too!

- * Playing with your baby in the day helps her to sleep more at night!**
- * Make sure to turn off the lights and give your baby a nice quiet place to sleep.**
- * Sleep when your baby sleeps! While your baby takes a nap, it will help if you sit and rest too. You will need all your energy again soon!**

Babies wake up less as they get older.

From 0-8 weeks old

they wake up 3—4 times every night!

At 2 months old

they wake up about 2—3 times every night!

At 4 Months old

they wake up about 1—2 times every night!

At 6 months old

they wake up about 0—1 time every night!

If you think that your baby wakes up too much, ask someone at WIC!



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