



nurtured yawns

RESTFUL NIGHTS & NURTURING DAYS

SAMPLE BEDTIME ROUTINE

Infant Edition



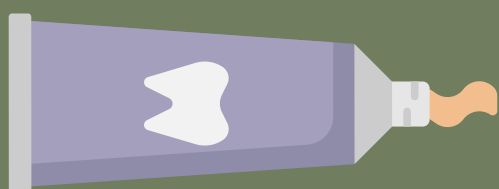
1. DINNER

(Consult your child's pediatrician on when to introduce solids)



3. PAJAMAS & SLEEP SACK ON

(Babies should no longer be swaddled once they start rolling. Sleep sacks keep arms free while keeping baby warm)



5. WIPE GUMS / BRUSH TEETH

(A clean wet wash cloth can be used to wipe their gums if no teeth yet)



7. BOOK, LULLABY & PRAYERS

(For babies less than 4 months old, a top up feed can also be offered after this)

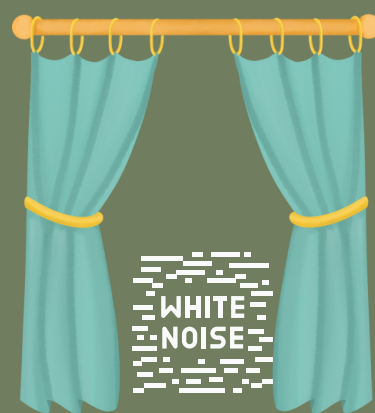


2. BATHTIME

(Using lavender scented soap can help to calm your little one)

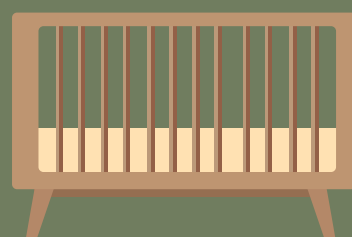


4. NURSE / BOTTLE FEED IN WELL-LIT AREA



6. DIM THE LIGHTS

(White noise and blackout curtains help to create a womb like environment)



8. HUGS, KISSES, GOODNIGHT PHRASE AND PLACE IN CRIB

www.nurturedyawns.com/

Pediatric Sleep Consulting and Postpartum Doula Support