

## NEWBORN CARE

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### Sleeping

Newborns need about 16-20 hours of sleep per day.

They can sleep for 2 to 4 hours at a time.

During the 1<sup>st</sup> few weeks of life, they can have their days and nights switched around. They can sleep more during the day and be awake more at night.

Most babies sleep through the night by four months of age.

### How do I keep my baby safe during sleep?

Your baby is safest in his own sleep space: a bassinet or crib.

Babies should not sleep on sofas, in waterbeds, or in adult beds.

Adult beds can be dangerous for babies. Be aware that babies can get trapped between a mattress and its adjacent wall/headboard. If they get trapped they can suffocate. If your baby needs to sleep on an adult mattress, place the mattress on the floor away from any walls

Place your baby on her back to sleep.

Do not use soft bedding and soft objects in the baby's crib (quilts, duvets, comforters, pillows, stuffed animals). Never put an infant down to sleep on a pillow or next to a pillow.

Use only a thin blanket to cover your baby.

Consider giving a pacifier at nap time and bedtime. If you are breastfeeding your baby, delay doing this until breastfeeding is well established. Once the baby falls asleep, don't worry about reinserting the pacifier.

Sudden Infant Death Syndrome (SIDS) has been associated with both smoking during pregnancy and second-hand smoke. It is best to quit smoking for your baby.

