Tips for SleepyParents

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 him/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.
* Wait until your baby is in Deep Sleep to lay him/her down. This helps prevent your baby from waking up right away.

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.