How Babies Sleep

How many times, during the night, do you think babies wake up at each age?

1 month ______________
2 months __________________
6 months___________________

What are the two types of sleep? ___________________ and __________________

Why is it important for your newborn baby to wake up at night? ___________________
_____________________________________________________________________
_____________________________________________________________________

If you lay your baby down when he/she is in _______________ sleep, your baby will be less likely to wake up right away.

We hope you have learned a little bit more about how your baby sleeps.

What is one thing you will try to do with your baby, based on what you learned today? Write your answer below.
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________

Did you know?

• A baby cannot taste salt until it is 4 months old. This is probably because their kidneys are still developing and don’t process sodium until this age.
• Newborns are more likely to turn their head to the right than to the left.
• Famous premature babies include Albert Einstein, Mark Twain, Pablo Picasso, Stevie Wonder and Sir Winston Churchill.

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