

How to get your baby to sleep

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Caring for a newborn is _____ work, especially if you are having trouble getting your newborn to _____ and you are not getting enough sleep as a result. You may be wondering how to get your newborn to sleep in a more _____ or _____ pattern. Fortunately, there are things you can do to ensure your baby's _____, _____, and _____ for sleep.

1 Change your baby's _____ and _____ comfortable _____ on them. If your baby has a _____ diaper, then it will be hard for them to relax. Likewise, an uncomfortable outfit will also make it harder for your baby to _____.

2 nurse or bottle-feed your baby. Your baby may have trouble _____ asleep if they are hungry, so make sure to _____ your baby before you put them down for a nap or bedtime.

3. Hold, _____, and rock your baby to calm them if they are fussy.

4. _____ your newborn to help them feel more _____.

Tip. _____ is how your baby communicates with you since they cannot _____ yet. Over time, you may be able to identify your baby's different types of cries and figure out what they mean.