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To Get Baby to Sleep, Build Your Night Time Routine

1. Number _____
2. Time Of Day _____
3. Animal _____
4. Verb Base Form _____
5. Adjective _____
6. Plural Animal _____
7. Way To Get Clean _____
8. Adjective _____
9. Adjective _____
10. Number _____
11. Verb Present Ends In Ing _____
12. Name Of Family Member _____
13. Verb Base Form _____
14. Number _____
15. Noun _____
16. Same Name Of Family Member _____
17. Verb Base Form _____
18. Verb Base Form _____
19. Part Of Body _____
20. Verb Base Form _____
21. Adult Life Stage _____
22. Number _____

23. Number _____

24. Number _____

25. Plant _____

26. Adjective _____

27. Adjective _____

28. Number Twelve Or Below _____

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Babies and sleep don't always go together smoothly. Sometimes it takes _____Number_____ hours to get baby asleep, and by that time it's already _____Time of day_____! But with this tried-and-true method, you'll improve your sleep and the sleep of your little _____Animal_____ in no time.

First, in the newborn period, make sure you _____Verb Base Form_____ when your baby naps. This will ensure you are somewhat rested for the night time journey. If you don't do this, you'll really have a _____Adjective_____ ride!

Second, make sure you develop and regularly use a night-time ritual. Having a regular ritual helps babies and _____Plural Animal_____ get ready to go to sleep. I start with a _____Way to get clean_____, and make sure the music is _____Adjective_____ and the lights are _____Adjective_____. After _____Number_____ minutes, we move on to _____Verb Present ends in ING_____ a book. I like to let _____Name of Family Member_____ choose the book, so that they have a chance to _____Verb Base Form_____ their autonomy.

It usually takes about _____Number_____ hours to read the book, cuddled together in the _____Noun_____. By that time, _____Same Name of family member_____ is usually yawning and almost ready for _____Verb Base Form_____. So the last parts of our ritual are to _____Verb Base Form_____ a song and then give them a kiss on their _____Part of Body_____ and snuggle until they are fast asleep.

Then

I can finally _____Verb Base Form_____ away to get some _____Adult life stage_____ time. It's tempting to stay up late and try to finish your _____Number_____ household tasks, but don't give in! Your sleep and energy are precious, so just pick _____Number_____ of the most important tasks to do, and at least _____Number_____ things that renew you. Then have some relaxing _____Plant_____ tea, and head to bed for an _____Adjective_____ night's sleep, so you'll be _____Adjective_____ and ready to go by _____Number Twelve or below_____ in the morning when baby wakes up. Good luck !

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