

Bedtime Routine

FOR BABIES 2 MONTHS +

TOTAL TIME: 20-30 MINUTES

1. BATH

- Great first step in the routine.
- Used as a cueing that sleep time is near.

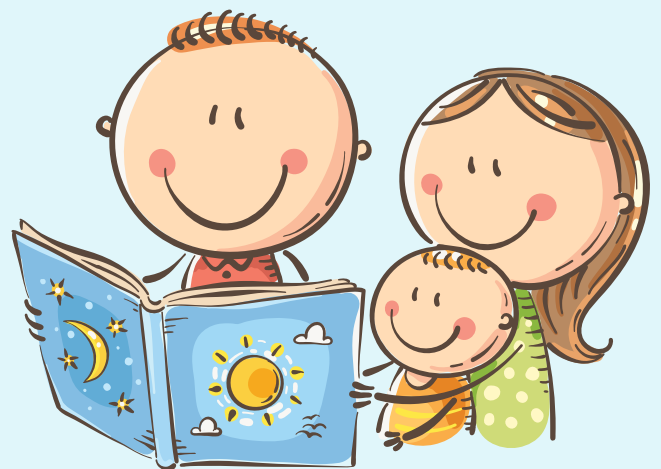


3. PJ'S + SLEEP SACK

- Lotion and a small massage is a great way to relax baby.
- Into sleeper and sleep sack to stay warm through the night.

2. FEED

- Make sure your baby is wide awake to get a full feed.
- Having a full feed we know baby's tummy will be full and stay asleep for longer.



5. INTO CRIB OR BASINET

- Baby into crib drowsy but awake if they are less than 3 months old.
- Older than 3 months try to put baby in their sleep space awake.

4. BOOK

- Great way for a snuggle and relaxation time before sleepy time.
- Books are a great way to teach your baby language, colours, and more.

