



FRAMINGHAM PEDIATRICS

Anticipatory Guidance for Your One-Month Infant

Sleep is a most valued commodity among new parents. Newborns often sleep the majority of the day, but at three to four weeks are much more alert. Although you may not have enough sleep, rest assured that your baby does. Babies manage to get all the sleep they need.

Nighttime Sleep: Most month-old babies should be able to sleep for one long stretch each night (about four hours), then one or two shorter stretches (two to three hours). As your baby grows, s/he will sleep for longer stretches, waking only once and then not at all. Establish a bedtime routine. Make sure your baby is well fed and burped before putting him/her to bed. To help your baby with nighttime sleep, ensure the proper bedroom environment. The room should be dark and the temperature comfortable. Your baby should be dressed so s/he will not become cold or hot. If your baby kicks off his/her covers, try putting your baby in a “baby bag” (a dressing gown that closes at the feet). Don’t disturb your baby’s sleep by peeking in the crib too frequently. Make sure baby’s crib is not in a loud area. Also, if your baby sleeps much of the day, it is very likely that s/he will be awake much of the night.

Daytime Sleep: As your baby grows and develops, s/he will become more alert. Daytime sleep often takes the form of short catnaps. In fact, your baby might not develop longer naps until six months of age. To help develop a daytime schedule, create a routine. Sleep usually comes after feeding, when baby’s tummy is full.

Positions: All babies should sleep on their backs. Tummy sleeping has been associated with sudden infant death syndrome. Some babies are more comfortable on their tummies. However, if you persist in putting your baby to sleep on his or her back, s/he will learn to sleep this way. Back sleeping is preferred to side sleeping as some babies can roll onto their tummies.

Arrangements: Sleeping arrangements should be comfortable for you. Most parents elect to have a newborn in their room in a separate bed. As the baby becomes bigger, most parents are comfortable moving their little one to a separate sleeping room. The American Academy of Pediatrics discourages co-bedding due to the risk of suffocation!

call time 8:30 – 9:00 am
www.framinghampediatrics.com