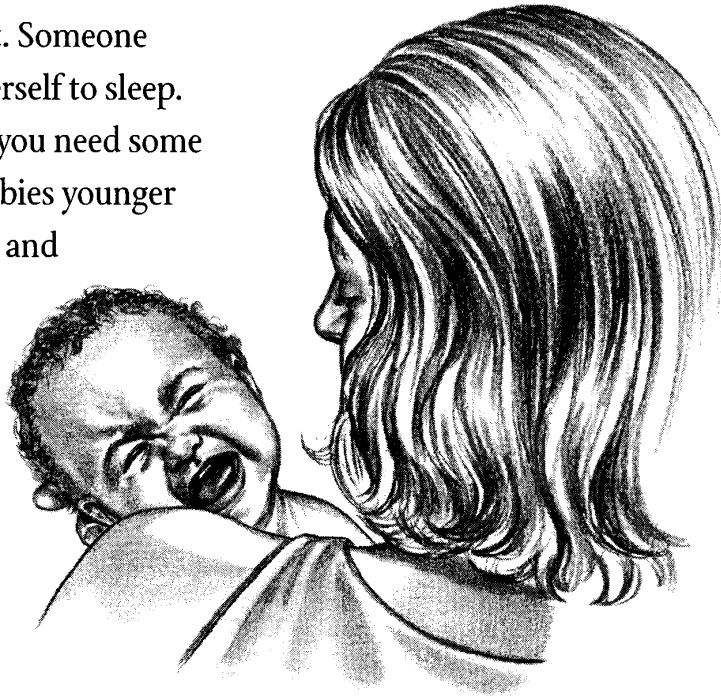




# Bedtime Battles

Your baby cries every night. Someone suggests letting her cry herself to sleep. That sounds cruel to you, but you need some sleep. What do you do? For babies younger than 3 months old, hold them and comfort them when they're crying. They need the security and it won't spoil them. Here are some tips for getting your baby to sleep after the first three months. If these suggestions don't work, talk with your doctor.



1. Keep your baby awake during her usual late afternoon nap time.
2. Start your usual bedtime routine, bathe, change and feed her, but don't rock her or soothe her to sleep in your arms.
3. Put your baby down in her own bed, gently caressing her and generally letting her know you're there.
4. Rub her back or sing, if you wish. Reassure her that she can fall asleep on her own.
5. Stay with her until she falls asleep in her own bed.
6. Once she's asleep, quietly leave the room.
7. Expect for the first night that she'll wake up every hour or so.
8. When she cries for you, go into her room.
9. Avoid picking her up.
10. Avoid turning on the light.
11. Reassure her that you're there and she's OK.
12. Make sure she's not tangled up in her blankets and that the room's a comfortable temperature.
13. Check her diaper. If it's wet, you can change it while she's still in bed.
14. Give her a favorite object to cuddle with.
15. Once you know everything is OK, leave the room.
16. You can check on her after 10 minutes.
17. If she's still crying, repeat the steps beginning with step 8.
18. Leave again for 15 minutes.
19. If she continues to cry, repeat the steps from step 8, adding five minutes to each stretch of time before you check on her.
20. Eventually she'll sleep. And so can you.