

THE Infant Sleep GUIDE

3-6 months



Between the ages of three and six months, your infant will be able to sleep for longer stretches at night. Which means you'll get a little more sleep than before. Congratulations! Now your baby is beginning to understand the difference between night and day, which makes it a perfect time to help improve their sleep time routine.

PUT YOUR INFANT to bed drowsy but awake

The most important aspect of getting your baby to sleep through the night is to have your baby learn to soothe herself to sleep. Put your baby down to sleep when he or she is drowsy but awake. Babies need to be able to fall asleep independently, so that they can do the same when they wake in the middle of the night.

HOW MUCH sleep?

Your infant will sleep between 13 to 15 hours each day. It's important to realise though, that every baby is different and some will need more sleep, while others need less. Your baby will also need to nap from two to four times a day.

HABITS TO avoid

Make sure your baby's nighttime routine is not too long or too impractical to stick to. Try to avoid rocking or feeding your baby to sleep, because you may end up doing the same when your baby naturally wakes up during the night. Please consider this: is this a habit you want to be catering to six months from now, or two years from now? Take turns with your partner in putting your baby to bed to help avoid developing such habits.



JOHNSON'S® Baby Bedtime Bath and JOHNSON'S® Baby Bedtime Lotion are enriched with NATURALCALM™ aromas, a unique blend of relaxing aromas. When used as part of the unique, clinically proven JOHNSON'S® Baby 3 step nighttime routine*, they can help babies fall asleep easier and sleep through the night better.

* tested on babies 7 months +



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BATHING is a good way to relax & BOND WITH your baby

You can help your baby relax before bed by including bathing into her nighttime routine. Warm water and a lullaby can help soothe your baby into the land of nod. Be sure to use a gentle cleanser suited for your baby.

YOU CAN ALSO TRY massage to help relax YOUR BABY

Massage is a great way to relax your baby. It's also a wonderful way to bond with your baby.

To begin, lay a towel down to soften and add warmth to any flat surface. Start with your baby on her back. Be sure to keep your hand on your baby at all times when she's on the flat surface. Moisten your hands with a mild lotion specially made for babies, such as JOHNSON'S® Baby Bedtime Lotion, and warm the lotion in your hands. Begin massaging her head with gentle circular touches. Start with the forehead, temples, eyebrows, nose, ears, and around the mouth and jaw. Maintain eye contact with your baby, talking or singing to her the whole time.

Work your way down, rubbing across her shoulders and chest, in one fluid motion. Be sure to follow your baby's cues to know whether the touch is soothing. Make gentle, light, circular motions across her tummy. Using a rolling-like motion massage her arms and then her legs. Turn your baby on her tummy and repeat the same massage.

Enjoy your baby's nighttime routine. When you include a bath and massage, and a moment of quiet time together it becomes a wonderful time to unwind together and to bond.

CREATE a nighttime Routine

To help ensure that your baby is getting the sleep he or she needs, build a consistent, three-step sleep routine that includes:

Step 1. Bath



Step 2. Massage



Step 3. Quiet time



These calming events help tell your baby, "It's time to settle down and go to sleep." You may also want to begin to establish a set time for sleep, a set wake time, and set naptimes.

More tools & advice to help your baby sleep better



Visit JohnsonsBaby.co.uk/Bedtime or JohnsonsBaby.ie/Bedtime for more great resources to help your baby sleep better. Watch our how-to video guides, see the video diaries of other mums who have been through the same sleep struggles as you, and try the customised Sleep Profiler – offering tailored advice especially for your baby.

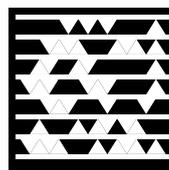
Learn more about the clinically proven* JOHNSON'S® Baby Sleep Routine today, at JohnsonsBaby.co.uk/Bedtime or JohnsonsBaby.ie/Bedtime

Scan the tag to play our bedtime lullabies.

If you're a smartphone user, try playing our bedtime lullabies from your mobile to help get your baby quietly off to sleep. Simply download the free app from Microsoft® at <http://gettag.mobi> to scan**

*tested on babies 7 months+

**Microsoft® Tag Reader is an online application. It uses your phone's data plan - normal charges apply.



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