

Provider Tip of the Week

June 1, 2022

Drowsy But Awake

Learning to fall asleep without being rocked, fed or held is an important way that a baby practices self-regulation skills. Suggest that parents try putting their baby to sleep awake, but drowsy, and let them practice falling asleep on their own. This may involve a little fussing or crying, but parents can be encouraged that they are helping their baby develop a new skill that will improve quality sleep now and in the future.



Watch this video for an example