

# OR LOSE SNOOZE



baby's sleep rhythm. It's a good idea to have your baby go to bed when you lucky. "It's your job as a parent to manipulate this schedule and regulate your night time waking."

"At this point, 5 or 6 hours is classified as sleeping through the night," asserts Frequent feeders with conditioned hunger, increased wetting and recurrent

For a start, try to avoid night time feedings once they are no longer necessary.

For night feeding throughout the night may result in a persistent requirement claim that babies sleep through the night?

But when do the blessed solid stretches of sleep start? Though it differs for

every parent, it isn't until a baby is 6 or 8 weeks old that your baby will sleep

every night. Every night babies who are lucky enough to have a snug-fitting crib sheet, and be deprived of pillows, suffice

should also have a snug-fitting crib sheet, so that their always get some shut-eye.

for the first 12 months, so that their always get some shut-eye.

in a 24-hour period. Lucy suggests that babies should sleep in their backs for every night babies need to wake every 2-3 hours, but need 17 hours, sleep

meantime that babies happen during these hours. Research has

most of your baby's development happens during these hours. Research has

shown that babies who get less sleep than they need are prone to a number of problems, among them child obesity. Attention Deficit Hyperactivity Disorder

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disorder before you get started."

And of course, because of pregnancy and childbirth itself, you are probably

impressions that babies will sleep all the time," asserts Lucy Wolfe, pediatric

sleep consultant at Sleepatters, Inc.

"You see all these images of babies sleeping and as a new parent you get the

"In reality, few new parents are prepared for how overwhelming it can be.

However, sleep is essential for parent and baby alike, and not just because

it provides a serious culture shock.

A shuffle for new parents. Yet when it finally

raises its head — and rest assured, it always does —

shuttle for new parents gets lost among the

mid the joy of a new arrival and the

brouhaha about feeding, the prickly topic

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