

# Good sleep routines

Babies 0 - 6 months



Easy English

## Hard words



This book has some hard words.

The first time we write a hard word

- the word is in **blue**
  
- we write what the hard word means.

## You can get help with this book



You can get someone to help you

- read this book
  
- know what this book is about
  
- find more information.



## About this book



Health  
and Human  
Services

This book is written by the  
Department of Health and Human Services.



This book tells you about good **sleep routines**  
for babies aged **0 - 6** months.

Sleep routines means things you do to help  
your baby sleep each day.

## Get to know your baby

**Bonding** is important to help your baby sleep.



Bonding means you

- get to know your baby
- help your baby feel safe.



Bonding might mean you

- cuddle your baby
- talk to your baby



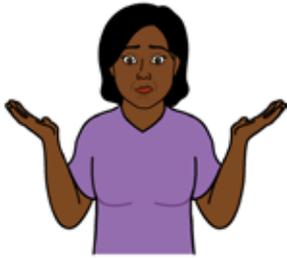
- sing to your baby



- smile at your baby



- look your baby in the eyes.



It is ok if you find it hard to bond with your baby.

You can get help from others to bond with your baby.



For example, your

- partner



- family



- friends



- Maternal and Child Health Nurse.



You will work out the best way to bond with your baby.

## Responsive settling



**Responsive settling** means you help your baby sleep and settle.

From 0 - 3 months your baby does **not** know how to settle on their own.



To help settle your baby, you can try

- gentle pats or strokes



- quiet noises like shushing



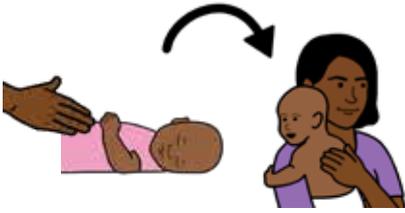
- a walk in the pram



- a bath



- cuddles.



If the way you settle your baby does **not** work after 5 - 10 minutes, change to something else.



Try one idea at a time for up to 10 minutes until your baby settles.



To help your baby settle, check your baby

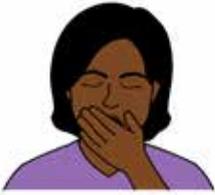
- has a clean nappy



- is fed



- is **not** too hot or cold.



If your baby will **not** stop crying and you are tired

- take a break for 3 - 5 minutes



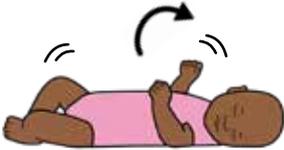
- put your baby in the cot where they can cry in a safe place.



You must rest and look after yourself too.

## Tired signs

**Tired signs** are what your baby does when they are tired.

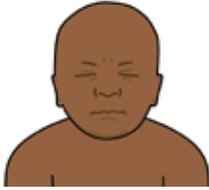


Your baby might

- move around a lot



- yawn



- frown



- rub their eyes



- make a fist
- suck their fingers



- cry.



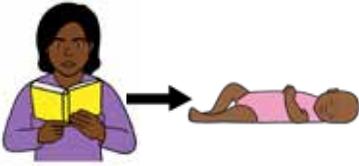
Tired signs help you know when to put your baby in the cot to sleep.



From **0 - 3** months your baby will get tired if they are awake for **30 - 45** minutes.

From **3 - 6** months your baby will get tired if they are awake for **1 and a half** to **3** hours.

## Sleep routines



**Sleep routines** means you do things in the same order every day before sleep time.



Sleep routines help your baby learn when it is sleep time.

## Day time sleep routines



Sleep routines in the day might mean you

- feed your baby



- play with your baby, for example, floor time or a song



- put your baby in the cot when you think they are tired.

## Night time sleep routines



Do things to help your baby relax at night.

For example

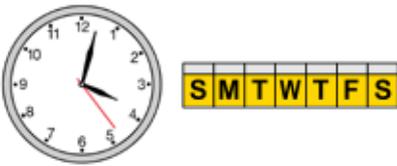
- do **not** play



- give a bath



- read or tell a bed time story.



Make sure all sleep routines

- are the same every time

- are short, for example 15 - 30 minutes.

## Sleep environment

Keep the **sleep environment** the same.



The sleep environment is the place your baby sleeps.



You can

- make it dark and quiet



- turn off screens such as a TV or tablet  
30 minutes before sleep time



- give a bath at night



- wrap your baby in a safe way.

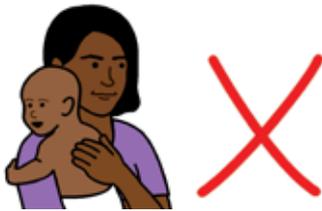
There is information about safe ways to put your baby to bed at the end of this book.

## Self settling

Your baby might **self settle** after 3 months.



Self settle means your baby learns to sleep and settle on their own.



If you hold your baby every time until they sleep, your baby may **not** learn to self settle.



To help your baby self settle

- put them in a cot when you think they are tired



- let your baby sleep on their own.



Your baby will still wake for feeding.

## Safe sleep

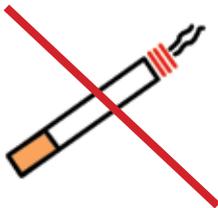


To help your baby sleep safely make sure

- nothing covers their head or face



- your baby sleeps on their back



- you do **not** smoke around your baby



- you breastfeed your baby.

Make sure your baby sleeps in a safe place.

For example



- in a cot near your bed



- **not** in bed with you.



## More information

For more information contact the  
Department of Health and Human Services.



Website

[https://www.betterhealth.vic.gov.au/  
healthyliving/Child-health-0-6](https://www.betterhealth.vic.gov.au/healthyliving/Child-health-0-6)

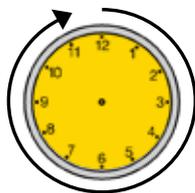


If you are worried about your baby

- contact your Maternal and Child Health Nurse
  
- call the Maternal and Child Health Line.



Call 13 22 29



The helpline is open 24 hours per day and  
7 days per week.



You can also see your doctor for more help.

## More Easy English

There are more Easy English books on our website about

- sleep for newborns



- help for sleep problems.



For more information about safe sleep go to the Red Nose website

[rednose.org.au/resources/education](http://rednose.org.au/resources/education)



For information about bonding for dads go to the Raising Children website

[raisingchildren.net.au/grown-ups/videos/bonding-for-dads?](http://raisingchildren.net.au/grown-ups/videos/bonding-for-dads?)

**National  
Relay  
Service**

**If you need help to speak or listen**

You can use the National Relay Service or NRS if you need help to make a call.



Call the NRS help desk

1800 555 660



Go to the NRS website

[communications.gov.au/accesshub/nrs](http://communications.gov.au/accesshub/nrs)





To receive this publication in an accessible format email Maternal and Child Health and Parenting:  
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