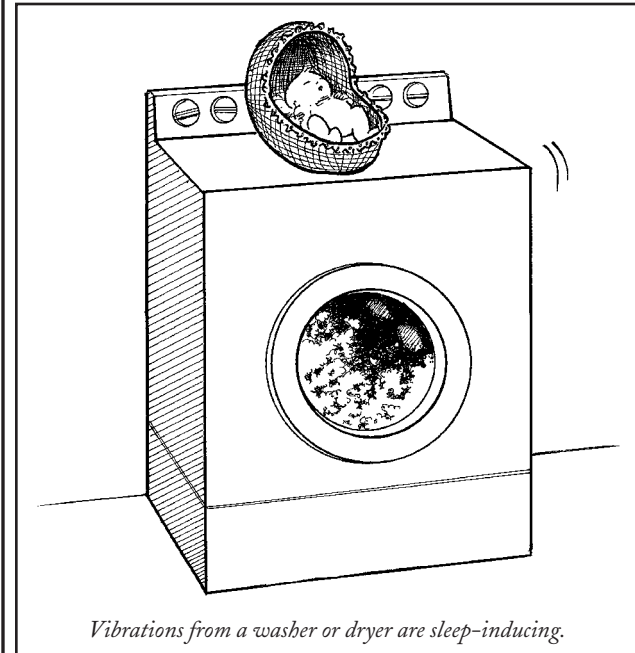


HOW TO GET YOUR BABY TO SLEEP

- ★ **Swaddle the baby.**
Fold down one corner of a receiving blanket and place the baby on top of the blanket with his head above the fold. Pull one side of the blanket securely across the baby's chest and tuck it underneath his body. Then pull up the bottom, folding the edge back, and finish by pulling the remaining side of the blanket across the baby's chest and underneath the body. The baby should fit snugly inside the blanket.
- ★ **Sway.**
Hold the swaddled baby close to your chest. Shift your weight from one foot to the other. This rhythmic stimulation will induce a sleepy state in the baby. Position the child so that his ear is over your heart. The beating will soothe him.
- ★ **Generate soothing white noise near the baby.**
Sound produced by a clothes dryer, dishwasher, blender, coffee grinder, hair dryer, vacuum cleaner, lawn mower, leaf blower, or air conditioner has a lulling potency that many babies cannot resist. Metronomes and ticking clocks can also soothe a baby to sleep by reminding a child of his mother's heart beat.

- ★ **Put the baby on a washing machine or dryer.**
Turn on the machine and set to normal cycle. The vibrations and noise are sleep-inducing. Do not leave the baby unattended.
- ★ **Go for a drive.**
The steady vibration of the car will have most infants asleep quickly. Open the window a crack and the air will keep you awake while the sound of the wind functions as soothing white noise for the baby. Do not get behind the wheel if you are exhausted and cannot operate heavy machinery.



★ **Dance to music with a strong beat.**

Hold the child securely in your arms and bounce, twirl, and dip in a rhythmic fashion. Concentrate on moving the baby to the beat. The nonstop, steady jiggling will overload the brain's processing center. Avoid atonal, early-twentieth-century classical music, bebop, or any other music that could be jarring. Better choices include reggae, house, dance/trance, disco, minimalist, and pop.

★ **Climb up and down a staircase.**

Make sure your grip is tight around the baby. Go up and down at a rapid, steady pace.

★ **Use a pacifier.**

A pacifier (also known as a binky, paci, dummy, comforter, fooler, ninny, soother, soothie, or yum yum) can be an extraordinarily potent sleep inducer for some babies, but it can be habit-forming, and may cause problems if lost or stolen.

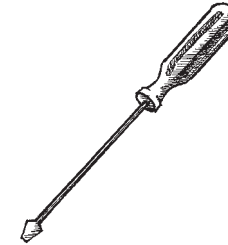
DO NOT USE AS A PACIFIER



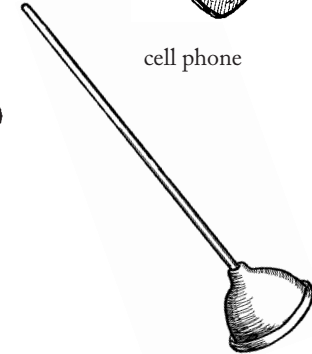
bottle



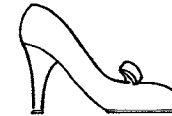
cell phone



screwdriver



toilet plunger handle



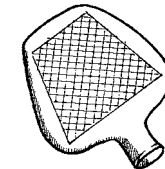
high-heel shoe



salt or pepper shaker



lightbulb



Ping-Pong paddle