

# TIPS YOU CAN TRY TO HELP **YOUR BABY SLEEP** WITHOUT BEING HELD



Try swaddling them

Put your baby down in their crib/bassinet when they are almost sleepy but not completely asleep



Use a pacifier

Keep something that has your smell close to them



Calm the cranky baby without picking them up, by patting them slowly, singing, or talking to them

While they are awake, carry them in a sling or wrap to increase skin-to-skin contact



Do not feed them to sleep