

Effective Ways

To Make Your 3-Month-Old Baby Fall Asleep



Rocking the baby



Singing or humming a lullaby



Feeding the baby until they're drowsy



Dimming the room's lights



Using a white noise machine or app



Being consistent with sleep schedules



Avoiding any activity or stimulation before bedtime



Massaging before sleep time

Reference:

1. The 6 Best Ways to Make Your Baby Tired (and 3 Things NOT to Do); Cleveland Clinic