

Ways To Manage The Baby's Headbanging During Sleep



Do not interfere if it is not causing any injury



Look for signs of sleep disturbances



Ensure crib and bed meet safety standards



Do not add a soft blanket or pillows to prevent suffocation



Keep the crib away from the wall to reduce reverberations



Use baby monitors to learn at what time the baby bangs their head



Reference

1. Babies And Headbanging At Night; Sleep Foundation