Sleep hygiene and bedtime routine

Western medical advice for sleep in babies and children. This is a little bit of a tricky topic and hard to fit into one minute, but I'm Dr. Carol Keim, a pediatrician, author, and podcaster.

And I do have a lot of podcast episodes about sleep. So if you look up the baby manual podcast, you'll see that there. What we recommend is really good sleep hygiene, having a consistent routine amongst caregivers that helps your baby wind down at nighttime.

So typically that would involve having their last feed, cleaning teeth, singing or reading a story to them, and then either rocking them if they're a baby or snuggling them a little bit if their child or even having just a hand on their back.

then leaving them in their crib or bassinet or bed wherever their safe sleep space is and walking out of the room ideally while they are drowsy but not fully asleep yet and I know that's really realistically hard to do but check out my podcast and the books and those can give you some more tips.