

sleep

The main life-threatening risks to babies and children's sleep are:

Prevention and early detection are extremely important in these cases.

1. Sudden Infant Death Syndrome (SIDS)

Sudden Infant Death Syndrome (SIDS) occurs when babies, especially those under one year old, are born without signs of an accident or illness.

The cause of this phenomenon is not fully understood.

However, the following precautions are recommended:

Always have your baby sleep on his back.

Do not place soft bedding, pillows, stuffed animals, etc. in the sleeping area.

Let it sit at room temperature and avoid overheating.

Avoid smoking during pregnancy or around your baby.

These measures are believed to significantly reduce the risk of SIDS.

2. Sleep Apnea Syndrome (SAS) Sleep

apnea syndrome is a condition in which the airway becomes blocked during sleep, causing breathing to temporarily stop. It can also occur in children, and you should be careful if you experience the following symptoms:

Loud snoring.

Shortness of breath or choking sensation during sleep.

Excessive daytime sleepiness.

If these symptoms persist, it is recommended to see a specialist.

3. Suffocation

Babies are at risk of suffocation when their face gets buried in bedding or pillows while sleeping. In particular, you should be careful of the following:

Do not use soft bedding or pillows.

Do not place stuffed toys or cushions in the sleeping area.

Don't leave your baby unattended while he or she is sleeping.

These measures reduce the risk of choking.

4. Getting your baby to sleep in an adult bed

Putting a baby to sleep in an adult bed carries the following risks:

It gets stuck between the bed and the wall.

Being crushed by bedding or the parent's body.

Falling off the bed.

It is recommended that babies sleep in their own cots.

By understanding these risks and taking appropriate measures, you can create a safe sleeping environment for your baby.

If you have any concerns, please consult your pediatrician.

I recommend it.

Risks and countermeasures

1. Prone sleeping: Putting a baby to sleep on his stomach can make it difficult for him to breathe, which can lead to sudden infant death syndrome.

The risk of sudden injury (SIDS) increases 3 to 13 times.

In exceptional cases, there are cases where swallowing problems or severe reflux occur.

Only in cases where this is the case, under the guidance of a doctor, may the patient be placed face down.

Avoid it outdoors. Wikipedia

+15

PMC

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TIME

+15

2. Sleeping on

your side Sleeping on your side is also not recommended as it makes your body unstable and you may roll over onto your stomach.

Side-lying is also not widely recommended until at least 12 months of age.

3. Too soft bedding, co-sleeping, or between beds

Cushions, pillows, stuffed toys, sofas, cushioned bedding, adult beds

Co-sleeping and bed-sharing increase the risk of suffocation and SIDS.

Your baby should sleep in a comfortable, flat crib (or cot) without any stuffed toys or pillows.

4. Excessive heat retention/too hot room

temperature Excessive bedding, thick clothing, and room temperatures that are too high make it difficult for babies to regulate their body temperature, increasing the risk of SIDS and heatstroke. It is safer to keep the room temperature between 18-22°C,

aim for clothing that is roughly the same comfort level as adults, and use a sleeper

(wearable blanket). Wikipedia

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5. Co-sleeping with children who are smoking, drinking alcohol, or using drugs

Smoking during pregnancy or breastfeeding, exposure to secondhand smoke in the home, or co-sleeping with children after drinking alcohol or using drugs can be harmful to the baby.

This can have a serious adverse effect on the baby's breathing and increase the risk of SIDS.

Please also strictly prohibit smoking.

6. Keeping your baby asleep with a sleep device

Baby swings, car seats, bouncers, and other "sitting/inclined sleeping equipment" are safe.

It is difficult to maintain a proper posture, increasing the risk of suffocation and respiratory depression. Avoid using it while sleeping and after sleeping.

Immediately move your baby to a flat crib.

Recommended safety

measures Always sleep on your back

Bedding should be limited to firm, flat baby cribs

Bedding provided is a baby mattress and fitted sheet only

No co-sleeping, baby crib in parents' room (room-sharing)

Adjust the room temperature and clothing accordingly

Avoid the influence of tobacco, alcohol, and drugs

Do not use baby swings or car seats for sleeping; move them to a flat surface

Sleeping on your back can distort the shape of your head, so when your baby is awake, try playing on his stomach.

Do "tummy time"

The best time to move your baby from a crib to a bed with an adult is based on their developmental stage and safety rather than their age.

Shows:

Crib graduation guideline: When your baby is taller

than the bed rails: When your baby's chest reaches the top of the rails, he or she will climb out on his or her own and fall.

There is a risk of falling (approximately 90 cm/3 feet).

Attempting to climb the fence or actually climbing it: If you see this behavior, move away immediately.

You will need to move them to their own bedding.

****The transition occurs naturally generally between the ages of 18-36 months (1.5-3 years)****, although development varies from person to person.

According to one guideline, the transition period from "trying to climb" to 18 to 24 months is appropriate.

Other experts say, "If it can be used safely until the height decreases around the age of 3, it is fine to continue using it as is."

It is said that ``it is good."

The right destination

Toddler bed

In many cases, the crib mattress can be used as is, and the side guards prevent it from falling.

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Floor mat (Montessori floor bed)

It is suitable for active children who like to climb as there is no risk of falling.

Twin bed + guardrail

This is an option to consider once your child is a little older and more independent.

How to migrate safely

The length of time that the crib can continue to be used as a bed (for example, up to about age 3, as long as the child does not seem to have difficulty sleeping at night).

When you see the child trying to climb, it's time to transition: Move safely according to their physical growth and curiosity.

It's time.

Tips for when to introduce new beds:

At first, let him use it for naps, then move on to nighttime use once he gets used to it.

Providing sheets, stuffed animals, etc. chosen by the child will increase their likability.

If there is a possibility that your pet may wander off at night, babyproof the room and lock the door.

We will strengthen our measures by using locks and monitors, etc.

Example: Experience of experienced parents:

"When my baby was about 19-24 months old, he tried to climb, so I moved him."

"He graduated from the crib at two years and a few months old."

"My child started climbing at 2.5 years old, so I switched to a bed."

Many families choose to keep their children in the crib even after they turn three, as long as their sleeping habits and night crying have settled down.

I will.

summary

The time to transition is when the child begins to "try to climb" or "climb" (reference: 18-36 up to about a month).

Safety comes first, so consider moving them out as soon as possible before they grow taller than the fence or if you notice any signs of this behavior.

Please.

A toddler bed, floor mat, or twin bed with guard is suitable for transitioning.

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It is important to take safety measures in the room and select the right bed to create a safe environment for children.

It's cut.

When deciding when to move your baby from a crib to an adult bed, it is important to prioritize safety and behavioral signs rather than age.

When to migrate

When the climbing sign appears

As soon as your baby tries to climb the bed rails on his own or is able to climb, it's time to transition.

Leaving it on the fence like that is dangerous.

When you're taller than the fence

A rough guideline is that it is time to transition when the fence is no longer visible at around 90cm, or chest height. may be beyond the safe range for a crib.

If you're mentally prepared

The transition will occur between the ages of 18 months and 3 years old, taking into account factors such as development, daily rhythm, and whether or not the child has siblings. The best timing is to wait until the child starts moving when they try to climb.

Isn't it too late?

Generally, this happens around the age of 18 months to 2 years old, but if your child doesn't try to climb at all or sleeps rough,

If your baby is "stable," you can leave him in his crib until he's 2.5 or 3 years old.

Around the world, it is said that it is safer and more secure to use a crib for a long time before climbing begins.

This is the prevailing opinion.

Post-migration precautions

Choosing a toddler bed or floor mat

Low-profile beds that can be used with a baby mat or mats that can be placed directly on the floor are safe. Choosing one with guardrails will help prevent your baby from falling off the futon.

Strengthening safety measures in rooms

Place cushioned rugs around the bed, install corner guards on furniture, and be careful not to place dangerous objects in low positions.

Measures to prevent wandering at night

Use baby monitors, child locks, and gates on doors to prevent children from roaming freely around the house.

Continue the bedtime routine: Even after

the transition, maintain the same routine of bathing, reading, and putting your child to bed at the same time to help maintain a sense of security.

summary

The most important thing is the timing of your climb. Age is only a guideline, so you should prioritize your behavior, height, and safety when making your decision.

The typical age is around 2 years old (18-24 months), but if the situation remains safe, you can consider it slowly.

There is no problem with doing so.

After the transition, create a safe and comfortable environment by choosing a safer bed, maintaining the room, and continuing the routine.

How to deal with night

crying Identifying the cause: Causes of night crying include hunger, uncomfortable diapers, poor health, and changes in the environment.

It is important to first check these and respond appropriately.

Consistent responses: Even if your baby continues to cry at night, it is important for parents to be consistent in their responses. For example, responding in the same way every time helps your baby feel more secure.

Cycles that occur and how to respond

Distinguish between day and night: Provide a bright environment during the day and a dark, quiet environment at night.

This helps your baby learn the difference between day and night.

Adjust nap times: Naps that are too long can affect your sleep at night, so adjust your nap times accordingly.

Things to do before bed

Create a relaxing environment: Keep your bedroom quiet, dark and at a comfortable temperature.

It's a good idea to take some time to relax, such as taking a bath or reading a picture book.

Bedtime routine: Having a bedtime routine at the same time every night helps your baby

This will help you predict when you will fall asleep.

What to do when your

baby wakes up: If your baby wakes up in the middle of the night, respond calmly and help them get back to sleep.

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Determine what action is needed: If your baby is crying, first check the diaper and feed him.

Meeting basic needs is a priority.

1. A safe sleeping environment

Bedding choices: It is safest not to introduce pillows, stuffed toys or other bedding until the age of 18 months to avoid the risk of suffocation.

Bedroom temperature and humidity: Ideally, the bedroom temperature should be 20-22°C (68-72°F) with 50-60% humidity.

Excessive heat and humidity can interfere with your baby's ability to regulate their body temperature.

2. Sleep Quality and

Health Nap Time Management: Taking a nap for too long can affect your nighttime sleep.

It is recommended that you take your nap in the morning and a shorter nap in the afternoon.

Activities before bedtime: It is important to avoid stimulating activities (such as watching TV or playing with loud noises) before bedtime and to create a relaxing environment.

3. The relationship between

sleep and development Ensuring sleep time: Babies need enough sleep for their development. Appropriate sleep according to their age Setting aside time contributes to healthy development.

Improved quality of sleep: Good quality sleep has many benefits, including improved immunity, memory consolidation, and emotional stability. positively impacts overall health.

4. Night crying and health

Identifying the cause of night crying: If night crying continues, it may be due to poor health or discomfort (wet diaper, hunger, etc.).

It is important to check these and take appropriate action.

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Consistent response: A consistent response to night crying helps your baby feel safe.

Cycles parents should follow and points to note

1. Parental sleep and health management

Ensuring quality and quantity of sleep: Lack of sleep on the part of parents can affect their ability to care for their baby. It is important for parents to ensure they get enough sleep, for example by taking rest during their baby's naps. It's important.

Stress management: A baby's nighttime crying and disrupted sleep can be stressful for parents. It is important to manage stress appropriately by taking time to relax and seeking support.

It's important to find a way to manage it.

2. Understanding your baby's sleep cycle

Ensuring appropriate sleep time for your baby's age: Ensuring appropriate sleep time for your baby's age contributes to healthy growth.

Distinguish between day and night: Provide a bright environment during the day and a dark, quiet environment at night.

This helps your baby learn the difference between day and night.

3. Strengthening parent-child communication and bonding

Bedtime routine: Having a bedtime routine at the same time every night helps your baby

This will help you predict when you will fall asleep.

Showing affection: Showing affection to your baby on a daily basis, such as holding them, carrying them on your back, or speaking to them in a gentle voice, can help them feel secure.

The following is a guide to the amount of sleep a baby needs depending on their age.

Please use this as a reference.

Newborn (0-1 month old) Total sleep

time: approx. 14-17 hours/day

Characteristics: They cannot distinguish between day and night, and alternate between feeding and sleeping every 3-4 hours.

The rhythm has not yet been established.

Infant (2-12 months) Total sleep time:

Approximately 12-15 hours per day

Naps: 2-3 times (time and number of naps vary from person to person)

Characteristics: They begin to distinguish between day and night, and sleep more frequently during the night. Daytime activity

The time gradually increases.

Infant (1-3 years old)

Total sleep time: Approximately 11-14 hours per day

Naps: 1-2 times (number of naps is decreasing)

Characteristics: Naps become shorter and nighttime sleep becomes longer.

Masu.

Preschool (ages 3-5)

Total sleep time: Approximately 10-13 hours per day

Naps: This may not be necessary, but it depends on the individual.

Characteristics: Although more and more children are not taking naps, it is important to incorporate naps as needed.
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Elementary school students (ages

6-12) Total sleep time: Approximately 9-11 hours per day

Naps: Generally not necessary.

Characteristics: School life begins and a regular lifestyle is required. It is important to get enough sleep.

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Junior high school students and above (ages 13 and up)

Total sleep time: Approximately 8-10 hours per day

Naps: Generally not necessary.

Characteristics: As you enter adolescence, your body clock changes and you tend to become more of a night owl, but sufficient sleep is still
necessary for your health.

Sleep has a significant impact on a baby's development and health.

It is important to ensure you get enough sleep and maintain a regular routine.

To ensure your baby gets enough sleep, it is important that you ensure the quality and quantity of your
own sleep. Try the following methods:

1. Adjust your nap times

Naps are a great way to supplement your baby's sleep, but long naps can make it harder for them to fall asleep at night.

Limit naps to around 20 minutes and avoid naps after 3:00 PM.

Try to avoid sleeping.

2. Create a relaxation routine

Having a relaxing bedtime routine can help your baby fall asleep more easily. For example, keep the same routine every night, such as reading a picture book or singing a lullaby.

It is effective.

3. Adjust your bath time

Baths have the effect of inducing sleepiness, but instead of going to bed immediately after bathing, wait 90 minutes after bathing.

Putting them to bed later will help them fall asleep more easily.

4. Prepare your own sleeping

environment It is important for parents to get rest according to the baby's sleep time.

Ensure adequate sleep by resting together while breastfeeding or going back to sleep after nighttime feedings.

Let's be creative.

These strategies can help ensure healthy sleep for both baby and parent.

It will look like this.

It is effective to use toys and items to help your baby sleep peacefully when putting him to sleep.

Below are some items that are useful when putting your baby to sleep.

1. Goodnight Plush Toy

Having a stuffed toy next to your baby when he or she sleeps can help give the baby a sense of security. For example, a soft, fluffy stuffed toy is suitable for your baby to hold in their hand while they sleep.

2. Sleeper (sleeping bag)

Babies sometimes kick off the covers while they sleep. Using a sleeper will prevent your baby from catching a cold and allow them to sleep comfortably. It is especially good to choose a sleeper made of breathable material.

3. Squeak toys

Before bedtime, you can use sound toys to attract your baby's attention and help them fall asleep.

For example, toys that play soft melodies or white noise can be used.

There are some examples such as ya.

4. Night Light

One way to keep your baby safe in a dark room is to use a night light.

A soft night light can help your baby sleep better.

Make good use of these items and create a safe and comfortable sleeping environment for your baby.

So lame.

The amount of sleep a baby gets varies depending on their age, and the number of naps they take and the times they go to bed and wake up at night also vary from person to person, but here are some general guidelines.

Sleep and nap times by age

Newborn (1 month old) Total

sleep time: 16-20 hours/day

Day and night distinction: Not yet, but sleep and wake up in short cycles regardless of day or night.

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2-4 months old:

Total sleep time: 14-15 hours/day

Number of naps: 3 (1 hour in the morning, 2-3 hours in the afternoon, 1 hour in the evening)

Nighttime sleep: Sleeping and waking up every 4-5 hours.

5-8 months old

Total sleep time: 12-14 hours per day

Number of naps: 2 (1 hour in the morning, 2-3 hours in the afternoon)

Nighttime sleep: You will start sleeping every 5 hours, and sometimes up to 8-10 hours straight.

Parenting Log

9-12 months: Total

sleep time: 11-13 hours/day

Number of naps: 1-2 (30 minutes-1 hour in the morning, 2-3 hours in the afternoon)

Nighttime sleep: Nighttime sleep becomes longer and the distinction between day and night becomes more distinct.

Recommended times to wake up and go to bed

7-12 months: Ideally, babies should go to bed around 8-9pm and wake up between 7-8am.

Tips for adjusting your sleep rhythm

Get some morning sunlight: When you wake up in the morning, open the curtains and let in some natural light to reset your body clock.

This helps regulate your day-night rhythm.

Sagging life

Be mindful of nap times: Napping after 3pm can affect your nighttime sleep.

Therefore, naps should ideally be scheduled for mid-morning and early afternoon.

Create a bedtime routine: Bath, story time, feeding, etc. at the same time every night

This will help your baby understand that it's time to sleep.

Since babies' sleep patterns vary greatly from person to person, the above is only a guideline. It is important to observe your baby's behavior and establish a rhythm that is comfortable for them.

Your baby's sleep patterns change as they age, and as their day-night rhythm improves, they'll sleep better at night.

There is a tendency for babies to sleep longer. Below is a summary of the characteristics of sleep patterns by age.
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Newborn stage (0-3 months old)

Sleep time: Babies spend most of the day sleeping, averaging around 16-20 hours.

Sleep cycle: A person repeats waking and sleeping in short cycles of 1 to 4 hours. The sleep cycle is short, about 40 to 50 minutes, and there is a lot of REM sleep (light sleep). Therefore, even a little stimulation can cause the person to wake up.
It's easy to wake up.

Distinction between day and night: The day-night rhythm has not yet been established, and the baby sleeps in short cycles regardless of day or night.

From about 3 months of age, babies begin to gradually distinguish between day and night.

The number of babies is also increasing.

4-6 months old

Sleeping time: The total amount of sleep per day will decrease to around 14-15 hours. As the day-night rhythm becomes more regular, more babies will start sleeping longer at night.

Sleep cycle: The sleep cycle is about 90 to 120 minutes, which is closer to that of adults, and non-REM sleep (deep sleep) This will help you sleep more deeply and be less likely to wake up.

Day-night rhythm: Your body clock will be adjusted and your day-night rhythm will be established.

More and more babies are spending longer periods of time sleeping.

How to regulate your sleep rhythm

Get some morning sunlight: When you wake up in the morning, open the curtains and let in some natural light to reset your body clock.

This helps regulate your day-night rhythm.

Be mindful of nap times: Napping after 3pm can affect your nighttime sleep.

Therefore, naps should ideally be scheduled for the morning and early afternoon.

Create a bedtime routine: Bath, story time, feeding, etc., at the same time every night

This helps your baby understand that it's almost time to sleep.

Since babies' sleep patterns vary greatly from person to person, the above is only a guideline.

It is important to watch and adjust the rhythm without straining yourself.

It is important to devise ways to put your baby to sleep that suit the baby's age and personality.

Below, we will introduce some common ways to put your child to sleep and some key points to keep in mind.

Bedtime routine

For babies, the routine of bath ÿ feeding ÿ good night should be repeated at the same time every night.

This will help your baby understand that it is time to fall asleep. Creating a bedtime routine like this will help your baby fall asleep peacefully.

Use of white noise

White noise is a sound that contains a certain frequency and is used to lull babies to sleep.

It is said to be effective because the sounds are similar to those that babies heard in their mother's womb.

White noise can provide a sense of security, but please be aware of the volume and usage.

You need to be careful about the time you use it.

CIO (Cry It Out) CIO is a method of letting a baby cry for a set period of time until they fall asleep on their own. This method is said to help babies develop the ability to fall asleep on their own, but there are pros and cons to it. It is important to adopt this method carefully, depending on your baby's personality and your family's preferences.

Tips for putting your baby to sleep

Sleeping position: Placing your baby to sleep on their back reduces the risk of Sudden Infant Death Syndrome (SIDS). When placing your baby to sleep, avoid soft bedding and stuffed toys to reduce the risk of suffocation.

How to choose sleeping aids: It is important to choose baby bedding and other products that meet safety standards and follow the instructions for use. Improper use can cause accidents and injuries.

There are times when this happens.

It is important to get your baby to sleep at a pace that suits each individual baby without forcing them. Take your time and observe your baby's behavior to find the best way to get them to sleep.

Crying at night is a common occurrence in babies as they grow up, and is caused by a variety of factors.

Below is a summary of the main causes and how to deal with them.

Main causes of night crying and how to deal with it

1. Immature sleep cycle

Cause: Newborns and infants do not have a fully developed cycle of REM sleep (light sleep) and non-REM sleep (deep sleep), and are sensitive to stimuli.

Solution: Wake up at the same time every day and keep nap, meal, bath, and bedtime times consistent.

This helps stabilize your body clock.

2. Immature digestive system

Cause: Babies' digestive systems are immature and they may experience gas and abdominal discomfort.

I will.

What to do: Burp your baby after feedings and gently massage the abdomen to help expel gas.

3. Environmental

Factors Cause: If the room temperature and humidity are not right, you are more likely to wake up feeling uncomfortable.

Solution: Keep the room temperature and humidity comfortable, and create a dark, quiet environment to help your baby feel safe.

I'll make sure you sleep well.

4. Psychological

factors Cause: There is a period during infancy when children become very anxious about being separated from their parents.

Solution: Create a routine for your baby before bedtime, such as bathing, feeding, and reading a picture book.

We will create an environment where cats can feel safe.

5. Poor health:

Night crying can be caused by poor health, such as a cold, stuffy nose, or earache.

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What to do: Monitor your baby's health and consult a doctor if necessary.

How to deal with night crying

Establish a regular routine: Waking up at the same time every day and keeping consistent times for naps, meals, baths, and bedtime will help stabilize your body clock.

Sunlight and exercise: Give your baby plenty of sunlight and exercise during the day.

Make time for this. This will help stimulate the production of melatonin, which will tire your body and help you feel more rested at night.

You will be able to sleep soundly.

Create a bedtime routine: Having a routine before bed, such as a bath, feeding, or reading a story, can help your baby understand that it's almost time to sleep.

I will.

Play music: Calming music can have a relaxing effect on your baby. Playing music softly in the background during your bedtime routine can create a soothing environment and help your baby fall asleep.

Make it easier for them to invite you.

Gently touch and tap the baby's stomach, back, legs, etc.: Gently touching the baby by the mother or father who usually cares for the baby gives the baby a sense of security, and rhythmically tapping the baby's stomach, back, etc. also helps to regulate the baby's heart rate.

Hold your baby and walk around: Holding your baby can be a comforting experience, but before you start holding your baby right away, try holding your baby close while he or she is lying down.

If your baby still won't stop crying, holding him/her will help prevent him/her from developing the habit of "not sleeping unless you hold him/her." If he/she falls asleep while being held, gradually practice putting him/her back in bed. Let's come.

Try changing your bedding: Just like adults, children can have trouble falling asleep if their bed, pillows, pajamas, etc. are uncomfortable.

By checking whether the bed is too hard or not and adjusting the bedding, you can improve your baby's sleeping environment. Let's get it sorted.

Take a walk: Taking your baby for a walk in a stroller or carrier and getting some fresh air outside is a great way to change your mood. The sounds and sights of nature have a relaxing effect on your baby. So it might put you to sleep.

Go for a drive: The vibrations and engine noise of the car are a soothing rhythm for babies.

This will help induce sleep. The environment changes while driving, so it is a good way to refresh your mind.

It is also important to use a child car seat when driving at night.

Consider safety as well.

Crying at night is a common phenomenon in the developmental process of babies, and can be improved with appropriate measures.

Good things can be expected.

Providing a comfortable sleeping environment for your baby is very important to promote good quality sleep.

Below are some tips for creating a good sleeping environment for your baby.

How to create a comfortable sleeping environment

1. Adjusting the

lighting environment: Ensuring darkness: The ideal lighting level for sleeping is 1 lux or less.

This can make your baby anxious, so it is best to keep the room dark with only a little moonlight shining in. is suitable.

Lighting color temperature: Before putting your child to sleep, warm reddish light will enhance the relaxing effect. Avoid pale blue light, which has the effect of waking them up.

2. Sound environment:

Ensure a quiet environment: The ideal sound environment in the bedroom is 40 decibels or less. If you are concerned about outside noise or the sound of home appliances, take soundproofing measures such as double-glazed windows and thick curtains. Let's do it.

Use of white noise: Babies use white noise because it is similar to the sounds they heard in their mother's womb. By using the appropriate volume, you can help your baby fall asleep more easily. It may help.

3. Temperature and humidity

control Room temperature: Aim for 10°C or higher in winter and 28°C or lower in summer. Air conditioners and humidifiers When using the fan, be careful not to let the wind blow directly on your baby.

Humidity control: A comfortable humidity level is around 50%. Use a humidifier to keep the air from becoming too dry and maintain an appropriate humidity level.

4. How to choose

bedding: Selecting materials: By choosing natural materials (such as cotton and linen) that are highly absorbent and breathable, It is gentle on your baby's skin and provides a comfortable sleeping environment.

Good Sleep Times

Adjusting bedding: Adjust the number and thickness of bedding depending on the season to ensure your baby sleeps comfortably. Let's do it.

5. Use of Sleepers

Choose the right sleeper: Once your baby starts to roll over, it is recommended to use a sleeper rather than a quilt.

Choose a type that covers your baby's feet well.

This prevents the futon from falling off when you turn over or kick.

Your baby's sleeping environment changes with the baby's growth and the seasons.

Creating a good environment can help you sleep better.

Your baby's nap times and nighttime sleep patterns will change as he or she gets older. These changes are a natural part of your baby's growth and development. Below are some guidelines for when you might see a decrease in nap times and changes in nighttime sleep at different ages.

Changes in number of daytime naps and nighttime sleep by age

Newborn to 3

months: Number of naps: 3-5 times a day.

Nighttime sleep: Nighttime sleep times are still irregular and it is difficult for babies to distinguish between day and night.

Guideline: During this period, do not miss your baby's signs of sleepiness and put him to bed at the right time.

It's important to wear it.

4-6 months

Number of naps: From 3-4 times a day, transition to 2 naps, one in the morning and one in the afternoon.

Nighttime sleep: Your baby will gradually start sleeping longer at night and more will start sleeping through the night.

Guideline: Keeping nap times and lengths consistent helps regulate your baby's internal clock.

It will be.

7-11 months

Number of naps: 2 per day (AM and PM).

Nighttime sleep: Improved nighttime sleep means more babies will sleep through the night.

Guideline: Keep nap times consistent and be mindful of your baby's signs of sleepiness.

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1 to 1.5 years old

Number of naps: Go from 2 to 1 nap a day.

Nighttime sleep: You will be able to sleep for 10-11 hours straight at night.

Guideline: Reducing the number of naps will help you adjust the time and length of your naps, which will affect your nighttime sleep.

Be careful not to do this.

Age 2 and over

Number of naps: This varies from child to child, but some children continue to take afternoon naps, while others stop taking naps.

Some children are like that.

Nighttime sleep: People tend to go to bed earlier at night, but going to bed too early can lead to early morning awakenings.

There may be cases like this.

Guideline: Organize your life so that you get 10-12 hours of sleep at night, regardless of whether you take a nap or not.

Consider the overall balance of the program.

Important points and measures to be taken during the transition period

Don't miss the signs of sleepiness: If your baby shows signs of sleepiness (rubbing eyes,

It is important not to miss any movements (such as bowing) and put your baby to sleep at the right time.

Keep nap times consistent: Keeping nap times and lengths consistent helps your baby's body

It helps keep your internal clock in sync.

Create a comfortable nighttime sleeping environment: darkness, quiet, appropriate temperature and humidity, etc.

Create a good sleeping environment.

Establish a consistent bedtime routine: Whether it's reading a story or playing soft music before bed, creating a consistent routine can help your baby fall asleep more easily.

It will be easier to stick.

Babies' sleep patterns vary greatly from person to person and change as they grow. It is important to monitor these changes and create the optimal sleeping environment for your baby.

Below are answers to some common questions about baby sleep.

"Did you take a nap too long?"

Taking a nap that is too long can affect your nighttime sleep, especially in the late afternoon.

Long naps can make it difficult to get your baby to sleep at night.

In such cases, it is important to adjust nap times and ensure adequate nighttime sleep.

"Is it normal to wake up multiple times at night?"

As your baby grows, their nighttime sleep will become more stable, but they may still wake up multiple times during the night.

It is common for newborns and infants to wake up often for feedings and diaper changes. However, frequent nighttime awakenings can affect daytime mood and development.

If so, we recommend that you consult a professional.

If you have any questions or concerns about your baby's sleep, consult your pediatrician or a specialist.

You can receive appropriate advice at the following address.

This is also important for promoting good quality sleep.

Adequate exposure to ultraviolet rays during the day is important for the health of everyone, including babies.

In particular, in winter, when daylight hours are shorter, it is recommended that you consciously get more sunlight. However, ultraviolet rays have both good and bad sides, so it is important to take appropriate measures.

The health benefits of sunbathing

Promoting Vitamin D Synthesis: Exposure to ultraviolet B (UV-B) rays stimulates the production of vitamin D in the skin.

Vitamin D helps with calcium absorption and is essential for keeping bones and teeth strong.

Improves immunity: Moderate sun exposure boosts immune function and helps prevent colds and infections.

Resetting your body clock: Exposure to the morning sun resets your body clock and improves the quality of your sleep.

This promotes a good night's sleep.

Improved mental health: Exposure to sunlight releases serotonin, which stabilizes mood and helps prevent depression.

Precautions and measures

against UV rays Damage to the skin: Prolonged exposure to UV rays can cause sunburn, age spots, and wrinkles. It also increases the risk of skin cancer.

Impact on eye health: UV rays can damage the lens of the eye and increase the risk of cataracts. It is possible.

Temporary depression of immune function: Excessive exposure to UV rays can temporarily decrease immune function. I will.

countermeasure:

Sunbathing is recommended for 15 to 30 minutes in the early morning.

Focus on exposing exposed areas such as your face and hands to the sun.

Avoid times when UV rays are strongest (10:00-14:00), and use shade, a hat, and sunscreen. Sai.

Tips for sunbathing your baby

Choose the right time of day: Try to sunbathe in the morning when UV rays are weakest.

comportant.

Use of sunscreen: Babies have sensitive skin, so when using sunscreen, Choose a hypoallergenic product and perform a patch test before use.

Clothing tips: Have your child wear long sleeves, long pants, and a hat to minimize exposed skin.

Adequate exposure to UV rays during the day can help support your baby's health. However, it is important to avoid excessive exposure and take appropriate precautions. Babies' skin is particularly sensitive. Therefore, please observe them carefully while sunbathing.

Rolling over is an important step in your baby's motor development and indicates an improvement in their muscle strength and balance.

Therefore, safety considerations are required. Below are some basic information and precautions regarding turning over in bed.

I've summarized the points.

When does your baby start rolling over?

Typical age: 4-6 months

Individual differences: The timing varies depending on the baby, from as early as 3 months to as late as 7 months.

Sometimes babies may not roll over until around one month.

How to encourage your baby to turn over

Prone play: Having your baby play on his or her stomach strengthens the muscles in the neck and back.

You can.

Use toys: Toys can be used to attract your baby's attention and encourage him or her to turn over.

Masu.

Support with your voice and palm: When your baby tries to roll over, gently support him with your hand.

Providing support will help you get the hang of turning over.

Safety measures when turning over in bed

Once your baby starts tossing and turning, the risk of the following accidents increases, so it is important to take measures to prevent them.

1. Choking risk

Babies who have just started to roll over cannot turn over from a prone position onto their back by themselves.

Therefore, if your baby's face is buried in the futon, there is a risk of suffocation. Do not place any soft objects around your baby, and if your baby falls onto his stomach, immediately turn him back onto his back.

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2. Risk of falling Once

your baby starts rolling over, their range of movement will expand. Make sure the crib rails are securely fastened.

When putting the child to sleep on a sofa or adult bed, use a bed guard to prevent the child from falling.

Measures such as using

3. Risk of accidental ingestion

Babies tend to put anything they can reach into their mouths. Make sure that there are no small objects or things on the floor that could be swallowed by mistake, and clean up frequently to keep the area around your baby safe.

Let's keep it.

Measures to prevent tossing and turning

Using anti-rollover products: Using commercially available anti-rollover products can help make it harder for your baby to roll over.

Cushion placement: Place cushions around the baby to ensure it is safe even if the baby rolls over.

It is possible to place

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A baby's ability to roll over is a sign of growth, but safety precautions are necessary.

Therefore, it is important to be aware that the baby's range of movement will expand and to prepare the surrounding environment accordingly.

Always keep an eye on your baby and take appropriate precautions to keep him or her safe.

Human contact is an important factor that has a huge impact on a baby's sleep, especially in the first few months of life.

For newborn babies, physical and emotional connection with parents and caregivers provides a sense of security.

and promotes good quality sleep.

The effect of parent-baby contact on sleep

Security and relaxation: Physical contact, such as holding, carrying, and breastfeeding, makes babies feel secure and relaxed. This makes it easier to get them to sleep and helps them feel more comfortable at night.

It is expected that this will reduce arousal.

Release of oxytocin: Contact between parents and babies releases the hormone oxytocin.

Oxytocin is also known as the "happiness hormone" and contributes to stress reduction and emotional stability, which leads to improved sleep quality for babies.

The relationship between sleep deprivation and social contact

Studies in adults have shown that lack of sleep can lead to increased social avoidance and feelings of loneliness. In particular, lack of sleep can lead to increased distancing from others. This social distancing can also have an impact on babies.

Baby's sleep environment and contact

management Sleep routine: Create a routine of bath ÿ feeding ÿ good night at the same time every night

This will make your baby feel safe and help him or her fall asleep more easily.

Touch when putting the baby to sleep: When putting the baby to sleep, hold the baby and rock him or her, or pat the baby on the back.

Touching the inside of the diaper can help. This will help your baby feel safe and sleep well.

You can.

Nighttime feeding: Nighttime feeding not only satisfies your baby's hunger, but also provides contact with you.

This provides a sense of security, which leads to quality sleep.

A baby's sleep is greatly influenced by close contact and affection with their parents. It is important to value daily contact and create an environment where babies can sleep safely, which will contribute to their healthy growth.

And it leads to improved sleep quality.