Answer Key for How Babies Sleep

How many times, during the night, do you think babies wake up at each age?

1 month \_\_\_3 – 4 times \_\_\_\_\_\_\_\_\_\_\_\_

2 months \_\_2 – 3 times\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

6 months\_\_ 0 – 1 time\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What are the two types of sleep? \_\_light sleep\_\_\_\_\_and \_deep sleep\_\_\_\_\_\_\_\_\_\_\_

Why is it important for your newborn baby to wake up at night? \_\_possible answers: to keep him safe, because he is hungry, to let me know he is uncomfortable, might need a diaper change, might be too hot or too cold, might be sick or have a fever\_\_\_\_\_\_\_\_\_\_\_

If you lay your baby down when he/she is in \_\_\_deep\_\_\_\_\_\_\_\_\_\_\_\_ sleep, your baby will be less likely to wake up right away.

We hope you have learned a little bit more about how your baby sleeps.

What is one thing you will try to do with your baby, based on what you learned today? Write your answer below.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Did you know?

* A baby cannot taste salt until it is 4 months old. This is probably because their kidneys are still developing and don’t process sodium until this age.
* Newborns are more likely to turn their head to the right than to the left.
* Famous premature babies include Albert Einstein, Mark Twain, Pablo Picasso, Stevie Wonder and Sir Winston Churchill.

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