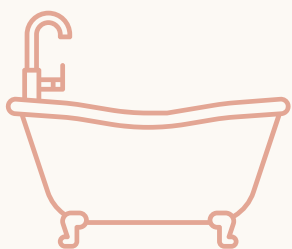
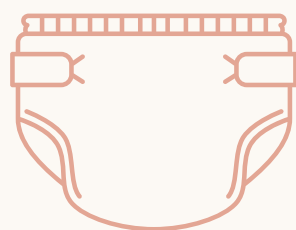


## Bed Time Routine



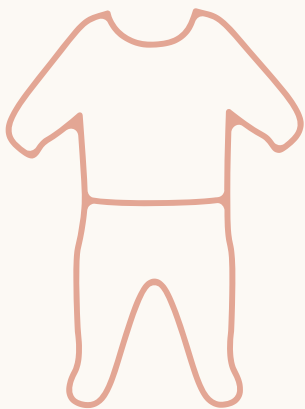
### Bathtime

There is nothing better than warm water and dim lights to get a baby ready for bed. You do not have to give a bath every night, but try to at least wipe off.



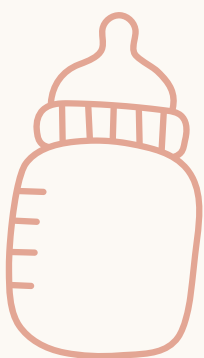
### Diaper and Lotion

Put on a fresh new diaper and do light baby massage with lotion to enhance relaxation.



### Pajamas and Sleep Sack

At this point you have queued your baby in that its bedtime. Gently put your child in clean pajamas and into a sleep sack if age appropriate.



### Nurse or Give Bottle

Nurse or bottle feed your child. Make sure the lights are on and that your child is staying awake for this feed.



### Read, Sing, or Pray

After you feed, you must read, sing, pray or do something to separating nursing and sleeping.



### Lights out. Sound Machine On

After you read or sing, turn the lights off and the sound machine on and lay you baby down awake in his or her crib.