

BABY SLEEP HACKS FOR DADS



IT'S DIFFERENT WITH DAD

Sleep is a hot topic for new parents. It is one of the harder issues for mom and dad to agree on due to the biological differences between men and women. For instance, mom may nurse the baby to sleep successfully every time. Dad cannot do the same with a bottle. Dad may insist on sleep training early, while the sound of her baby crying incessantly may drive your girl to tears. So how do you broach this issue? Through tried and true experience we have come up with a few hacks for you...



- **PLAN** Sleep deprived, desperate parents should not be engaging in conversations on how to get your baby to sleep better. Pick a time when you are well rested and in a good mood to discuss the tactics that you are willing to try. Whether it's sleep training, nursing to sleep, or co-sleeping you have to be on the same page. If both parents don't agree (especially mom), there is going to be more than one person screaming in your household.
- **NOISE** White-noise machines create a comfortable environment for babies that mimics the womb, encouraging them to stop crying and fall asleep faster. White-noise machines also help babies stay asleep longer. Instead of buying one, download a white noise app on your phone
- **BABY WEARING** Often, babies fall asleep much easier if they are close to you. Instead of sitting on the couch for the duration of the nap, strap your baby on your chest and do what you need to do. It is very likely your baby will not wake up until they are ready even if you make a lot of noise.
- **DARKNESS** Infants can't tell night from day, so it helps them learn by keeping lights off at night and on during the day. Morning sunlight helps set her Circadian Rhythm (body clock).

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- **SWING** Try various ways of rocking or swinging your baby. It will be different with almost every child. Some will respond to you walking around while you are wearing them, while others will doze off in a traditional rocker. In general, motion works.
- **SWADDLING** We all know that swaddling a baby helps them fall asleep faster since a swaddle mimics the womb, but often times they wriggle out and wake up. Try a serious swaddling blanket, such as the Miracle Blanket. There is no way they will escape, and will likely fall asleep instead.
- **TISSUES** Stroke baby's face with an open tissue from top to bottom. Imagine you are shutting their eyes by running the tissue over their face. For some babies this works like magic!
- **PACIFIER** Everyone knows that pacis help babies fall asleep, but what happens when it falls out of their mouth and they wake up? Give your kid a pacifier with a stuffed toy attached to it so they can easily grab it on their own.
- **FATHERHOODS** As a last resort... tune in to the Father Hoods podcast and listen to DJ EFN, KGB and Manny Digital as they talk fatherhood with some of Hip Hop's flyest dads... you never know what other sleep hacks might pop up!