



Second Week Edition

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(Spanish speaking)

WIC is an equal opportunity provider

Help! I need some sleep. Most new moms can identify with this. Sleep can be hard to come by when you have a new baby. You may be feeling tired and finding it difficult to cope with stress. This will pass. In the meantime, sleep when you can. Even if it is for a short period of time. You may feel like it is a waste of time because you have a lot to do, but rest is important and can help you feel better.

Go slow. You are now on baby time. Give yourself permission to slow down and enjoy time with your baby.



Where is it safe for my baby to sleep?

- Sleeping in the same bed as your baby has become controversial in the last few years and moms get some mixed messages. Our recommendation, based on the latest research and national guideline, is to provide a separate sleep space for your newborn. Co-sleeping has some potentially dangerous outcomes.
- Safe sleeping practices for your baby include:
 - Laying on a firm mattress, not a water bed or sofa. A crib or bassinet is best.
 - Remove pillows, toys, bottles, and heavy blankets from babies sleeping area.
 - Do not leave your baby alone in an adult bed or sofa.
 - Babies should sleep on their backs.
 - Although we do not recommend the same bed, the same room is acceptable.

Now is a good time to review any handouts you received from the WIC office. It can answer questions that you may have as your baby gets older. You can always call or text if you have any questions or would like a home visit. Remember, I can weigh your baby!
