

4 Months:

# Importance of Sleep



# How Sleep Supports Your Baby's Brain



## Processing Information

While your baby sleeps, their brain organizes all the information they gathered throughout the day.



## Strengthening New Skills

Sleep solidifies new skills – whether rolling over or making new sounds, they'll do it easier every time.



## Applying What They Learn

Sleep helps babies process experiences from their environment and apply that information to their lives.

# Development Benefits of Enough Rest



## Motor Skills

Babies who get enough rest pick up motor skills faster than those who aren't sleeping enough.



## Communication Skills

Rested babies develop communication skills more quickly and are more engaged throughout the day.



## Better Coordination

When babies wake up after sleep, they are often better at what they practiced and more coordinated.



## Preventing Delays

A consistent bedtime routine supports learning and can help prevent developmental delays.

# When Babies Don't Get Enough Sleep



## Struggles to Learn

Your baby may have a harder time picking up new things or skills throughout the day.



## Less Engaged

A sleep-deprived baby may seem less present, less curious, and harder to connect with.



## Increased Irritability

Frustration builds when babies are overtired, making it harder for them to soothe themselves.



## Emotional Imbalance

Without enough rest, babies can feel out of sorts – less balanced and less content overall.

# The Impact on You as a Parent



## Thinking Clearly

Sleep deprivation can affect your ability to think clearly and handle your own emotions effectively.



## Connecting with Baby

Feeling depleted makes it harder to connect with your baby effectively – and that connection matters most.



## PPD & Mood

Sleep deprivation can make postpartum depression (PPD) more challenging to manage.



## Ask for Help

Asking for help – from a partner, family, or friend – is a sign of strength. Nap when your baby naps.

# Building Healthy Sleep Habits



## Dim the Lights

Lowering the lights signals to your baby that it's time to wind down and prepare for sleep.



## Pre-Sleep Feeding

A feeding about 30 minutes before bedtime can help your baby settle into a calm, sleepy state.



## Sound Machine

White noise or a sound machine creates a soothing environment that supports natural sleep onset.



## Bath Time

A warm bath before bed is a calming cue that helps your baby transition into sleep mode.



## Diaper Change

A fresh diaper change before sleep keeps your baby comfortable so they can drift off with ease.

- Setting consistent signals and prompts for bedtime and naps helps your baby recognize when it's time to sleep. We'll dive into more details in later videos!

# References

- References: American Academy of Pediatrics (AAP), Kitsaras & Marshall (2024), Sleep Foundation (2023).