

To Get Baby to Sleep, Build Your Night Time Routine

1. Number
2. Time Of Day
3. Animal
4. Verb Base Form
5. Adjective
6. Plural Animal
7. Way To Get Clean
8. Adjective
9. Adjective
10. Number
11. Verb Present Ends In Ing
12. Name Of Family Member
13. Verb Base Form
14. Number
15. Noun
16. Same Name Of Family Member
17. Verb Base Form
18. Verb Base Form
19. Part Of Body
20. Verb Base Form
21. Adult Life Stage
22. Number

23. Number
24. Number
25. Plant
26. Adjective
27. Adjective
28. Number Twelve Or Below

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Babies and sleep don't always go together smoothly. Sometimes it takes _____ Number _____ hours to get baby asleep, and by that time it's already _____ Time of day _____! But with this tried-and-true method, you'll improve your sleep and the sleep of your little _____ Animal _____ in no time.

First, in the newborn period, make sure you _____ Verb Base Form _____ when your baby naps. This will ensure you are somewhat rested for the night time journey. If you don't do this, you'll really have a _____ Adjective _____ ride!

Second, make sure you develop and regularly use a night-time ritual. Having a regular ritual helps babies and

_____ Plural Animal _____ get ready to go to sleep. I start with a _____ Way to get clean _____, and make sure the music is

_____ Adjective _____ and the lights are _____ Adjective _____. After _____ Number _____ minutes, we move on to

_____ Verb Present ends in ING _____ a book. I like to let _____ Name of Family Member _____ choose the book, so that they have a

chance to _____ Verb Base Form _____ their autonomy.

It usually takes about _____ Number _____ hours to read the book, cuddled together in the _____ Noun _____. By that

time, _____ Same Name of family member _____ is usually yawning and almost ready for _____ Verb Base Form _____. So the last

parts of our ritual are to _____ Verb Base Form _____ a song and then give them a kiss on their _____ Part of Body _____ and

snuggle until they are fast asleep.

Then

I can finally _____ Verb Base Form _____ away to get some _____ Adult life stage _____ time. It's tempting to stay up late and try to finish your _____ Number _____ household tasks, but don't give in! Your sleep and energy are precious, so just pick _____ Number _____ of the most important tasks to do, and at least _____ Number _____ things that renew you. Then have some relaxing _____ Plant _____ tea, and head to bed for an _____ Adjective _____ night's sleep, so you'll be _____ Adjective _____ and ready to go by _____ Number Twelve or below _____ in the morning when baby wakes up. Good luck !