

# 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 !