

A well-rested baby
has a happy disposition.

Three basic
“Wake-Up Happy Rules”:

- 1. Mom, not baby, decides when nap begins**
2. Mom, not baby, decides when nap ends
- 3. More sleep is needed if baby wakes up cranky**

Babyhood Transitions Visit 4



A well-rested baby
has a happy disposition.

Three basic
“Wake-Up Happy Rules”:

- 1. Mom, not baby, decides when nap begins**
2. Mom, not baby, decides when nap ends
- 3. More sleep is needed if baby wakes up cranky**

Babyhood Transitions Visit 4



A well-rested baby
has a happy disposition.

Three basic
“Wake-Up Happy Rules”:

- 1. Mom, not baby, decides when nap begins**
2. Mom, not baby, decides when nap ends
- 3. More sleep is needed if baby wakes up cranky**

Babyhood Transitions Visit 4



A well-rested baby
has a happy disposition.

Three basic
“Wake-Up Happy Rules”:

- 1. Mom, not baby, decides when nap begins**
2. Mom, not baby, decides when nap ends
- 3. More sleep is needed if baby wakes up cranky**

Babyhood Transitions Visit 4

