



# Doula tips

## FOR BETTER SLEEP

We would like to remind you that each baby is unique. These are tips, and if you are experiencing difficulties, we recommend seeking professional help.



### HOW TO RECOGNIZE YOUR BABY'S SLEEP CUES?

- Tired: "The stare", flushed brows, looks away.
- Ready for a nap: Fussiness, big yawns, rubs eyes.
- Overtired: Frantic crying, rigid body, pushes away.



### WHAT ARE WAKE WINDOWS?

Wake windows are the periods of time that a baby can stay awake between naps or before bedtime without becoming overtired. These windows vary depending on the baby's age and individual needs. Paying attention to wake windows helps establishing a sleep routine and recognizing when a baby is ready for sleep, thus preventing overtiredness and promoting better sleep quality.

#### Baby wake windows guide:

0-1 month 45mins	1-2 months 45-60mins	2-4 months 1.5-3hrs	5-8 months 2.5-3hrs	9-12 months 2.5-4hrs
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### TOTAL AMOUNT OF SLEEP RECOMMENDED BY AGE

AGE	NAPS	SLEEPING TIME IN 24 HOURS	AWAKE TIME IN 24 HOURS
0-3 months	Multiple	15 - 17 hours	7 - 9 hours
4-5 months	3 - 4	14 - 16 hours	8 - 10 hours
5-7 months	3-4	14 - 15 hours	9 - 10 hours
7-9 months	2-3	14 - 15 hours	9 - 10 hours
9-15 months	2	13 - 14 hours	10 - 11 hours
15-18 months	1	12 - 14 hours	10 - 12 hours

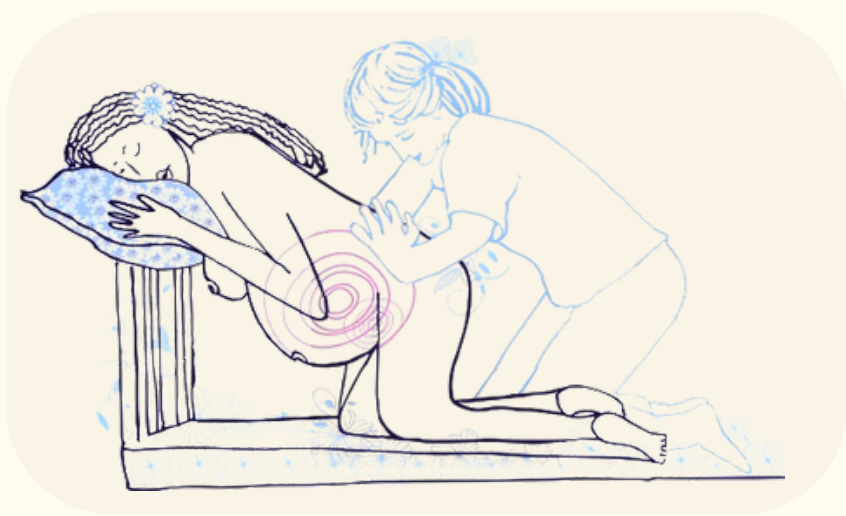




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## FOR LABOR POSITIONS

Movement during labor is crucial as it can lead to a shorter labor duration. By staying active, you can find the best position to facilitate the birth process, helping to push the baby downwards. Movement also aids in coping with labor, easing pain, and making the overall experience more manageable.



## PEANUT BALL POSITIONS

