

INFANTS AND SLEEPING--KEY

1. By what age should an infant be able to sleep through the night?
SIX MONTHS

2. Explain the term "self soother."
A CHILD WHO CAN SOOTHE OR HELP THEMSELVES FALL ASLEEP

3. Who is Dr. Richard Ferber?
A SLEEP SPECIALIST, ONE OF THE MOST FAMOUS IN THE COUNTRY

4. When a caregiver/parent gives an older baby a bottle in the middle of the night to help him/her fall asleep, what does that teach the child?
TO BE HUNGRY AT NIGHT--IT REINFORCES EATING.

5. What are the three guidelines that can help a caregiver/parent get a child to bed and to sleep at night?
 - a. **CONSISTENCY**
 - b. **EARLIER NAP TIMES. NAPS SHOULD BE PART OF THE LIFE OF A CHILD AT LEAST UNTIL THEY ARE FOUR YEARS OLD.**
 - c. **NIGHT TIME RITUALS OR ROUTINES**

6. Write a paragraph below about the things you learned from viewing this video.
VARIED, APPROPRIATE ANSWERS