

Name _____

Hour _____

INFANTS AND SLEEPING

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

2. Explain the term "self soother."

3. Who is Dr. Richard Ferber?

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?

5. What are the three guidelines that can help a caregiver/parent get a child to bed and to sleep at night?
 - a.
 - b.
 - c.

6. Write a paragraph below about the things you learned from viewing this video.