

Unit 7: Sleep and your baby



1 Information

Things to remember:

- Around one third of babies have sleep problems.
- The sleepless nights will eventually come to an end.
- If your baby has ongoing sleeping problems you may need to go to a health worker.

2 Glossary

2.1 Write the meanings of each word in your own language

to massage	
to wrap	
dummy	
to rock	

to pat	
problems	
thirsty	
pain	

2.2 Now match the words to the meanings

to massage	to move gently from side to side
to wrap	a rubber nipple for babies to suck or bite on
dummy	to cover or surround in soft material
to rock	to stroke and rub

to pat	to want to drink
problems	unpleasant feeling
thirsty	to touch quickly and gently with the flat of the hand
pain	difficulties

3 What's the problem?

What stops your baby from sleeping?




3.1 Match the problem with what the child and family nurse advises you to do



room is too bright or television is too noisy	'Give your baby a clean nappy before he goes to sleep.'
baby is in pain	'Feed your baby before you put him in his cot to sleep.'
baby is cold	'Give your baby a drink before you put him in his cot to sleep.'
baby is too hot (particularly in winter when parents may add extra blankets to the cot)	'Is your baby too hot in his cot?'
baby is thirsty, particularly in warm weather	'Is your baby too cold in her cot?'
baby has a wet or dirty nappy	'Turn the lights and TV off in the baby's bedroom.'
baby is hungry	'Your baby may have ear-ache.'

4 Looking after your health and your baby's health

Help your baby relax before sleep time.

4.1 Match the words and the pictures of what you can do to help your baby relax and sleep

wrap baby in cotton or muslin	
give baby a warm bath	
hold baby and gently talk to him or her	

massage baby	
play soft music	

5 Talking to the child and family nurse

Listening 1: Write the dialogue number next to the correct topic

Topics:

___ baby wants to play when you want him to sleep

___ baby won't sleep in the day

___ baby won't go to sleep

___ baby wakes up often in the night

1

Nurse: Hi, how is everything going?

Mother: Terrible. I am exhausted.

Nurse: Are you getting enough sleep?

Mother: No, my baby won't go to sleep.

Nurse: That's really hard for you. Try to relax your baby before bed with massage, bathing, dim lights or soft music.

2

Nurse: How are you managing?

Mother: I can't cope. I feel like crying.

Nurse: What's been happening?

Mother: I can't get my baby to sleep in the day so I don't get a break from her all day.

Nurse: Yes, it's tough. Try to get your baby to sleep at the same times each day.

3

Mother: My baby wakes every two hours in the night. I am so tired.

Nurse: Is he eating enough food in the day?

Mother: Why do you ask that?

Nurse: If he is hungry he will wake up more often at night.

Mother: OK, I will make sure he is eating enough in the day.

4

Mother: My baby sometimes will not settle when I put him in his cot.

Nurse: So what do you do?

Mother: He sometimes wants to play.

Nurse: Remember bedtime is not playtime.

Listening 2: Listen again and fill in the gaps with the missing words

1

Nurse: Hi, how is _____ going?

Mother: Terrible. I _____ exhausted.

Nurse: Are you getting enough sleep?

Mother: No, my _____ won't go to sleep.

Nurse: That's really hard for you. Try to _____ your baby before bed with massage, bathing, _____ lights or soft music.

2

Nurse: How are you managing?

Mother: I can't _____. I feel like crying.

Nurse: What's been happening?

Mother: I can't get my baby to _____ in the day so I don't get a break from her all day.

Nurse: Yes, it's tough. Try to get your baby to sleep at the same _____ each day.

3

Mother: My baby wakes every two hours in the night. I am so tired.

Nurse: Is he eating _____ food in the day?

Mother: Why do you ask that?

Nurse: If he is hungry he will wake up more often at night.

Mother: OK, I will make sure he is _____ enough in the day.

4

Mother: My _____ sometimes will not settle when I put him in his cot.

Nurse: So what do you do?

Mother: He sometimes wants to play.

Nurse: Remember bed _____ is not playtime.

6 Discussion

Tell the group other ways to settle babies which may be used successfully in your culture.

7 Find out more

Karitane

www.karitane.com.au

Careline 1300 227 464

Tresillian

www.tresillian.net

Call 1300 272 736

Raising Children Network

www.raisingchildren.net.au/sleep/newborns_sleep.html

NSW Multicultural Health Communication Service

www.mhcs.health.nsw.gov.au/publicationsandresources/resources#c3=eng&start=0&c1=Infant+health

To speak in your own language, call a telephone interpreter on 131 450 (the cost of a local call).

Unit 8: Sudden infant death syndrome

1 Information

Many parents worry about sudden infant death syndrome (SIDS) and fatal sleep accidents. Research has shown that there are some simple things you can do to reduce the risks.



2 Glossary

2.1 Write the meanings of each word in your own language

infant	
fluffy toys	
baby and doona	
bumper in cot	

syndrome	
symptom	
fatal	
smother	
unexpected	

2.2 Now match the words to the pictures or meanings

infant	
fluffy toys	
baby and doona	