



Checklist for Nighttime Parenting

Night-Waking Causes

Wet or soiled diaper	A cold	Nasal Irritants:
Diaper rash	Ear infection	Cigarette smoke
Hunger	Fever	Perfume
Stuffy Nose	Gastroesophageal reflux	Powder
Too hot	Pinworms	Spray – hair, room, cleaners
Too cold	Urinary tract infection	Animal dander
Noisy bedroom	Teething	Dust, lint
Allergy	Irritating sleepwear	Fumes

What to Do

Sleep close to baby	Play soothing music
Wear down in a carrier	White noise
Nurse down	Feed before bed
Massage before bed	Neck nestle
Bath	Swaying cradle
Rock, sway	Bouncer / rocker
Cuddle	Cotton sleeper, clothes
Warm the bedsheets	Schedule a doctor's appointment