



Bedtime support

How can you help your baby drift off to dreamland?

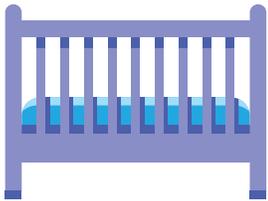
Sleep is essential for your baby's well-being. We understand that getting an infant to sleep can be challenging, but starting healthy habits now can help them become great sleepers later.



Try these tips from the American Academy of Pediatrics (AAP):



- Look for signs that your baby might be getting sleepy so you can put them to bed before they're overtired. Being overtired can make it harder for them to settle down.
- By putting your baby to bed when they're drowsy but still awake, you can help them learn to fall asleep on their own
- Try to keep your baby calm and quiet during nighttime feedings or diaper changes



Experts say a consistent bedtime routine can help your baby fall asleep faster and stay asleep longer. It can even make bedtime more relaxing for moms and dads.

Experts suggest a 3-part ritual you can stick to every night, such as a warm bath, a soothing massage, and a quiet lullaby.

Touch and sound can give your baby signals that it's time to sleep—but don't forget smell. Calming scents can cue bedtime and help babies sleep more peacefully.

Bedtime is about to become your favorite part of the day

Create a relaxing bedtime routine you'll both enjoy, with Zarbee's® Baby Calming products.

- A bedtime massage with our Massaging Balm or Oil is a chance for you and your baby to bond through soothing touch
- A spritz of our Bedtime Spray in your baby's bedroom is a soothing signal that it's time to doze off
- All 3 products are made with lavender and chamomile—naturally calming scents that can help babies fall asleep peacefully



DID YOU KNOW?

When used as part of a bedtime routine, massage is proven to help babies sleep better.

Visit Zarbees.com for more information.



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