



# How babies sleep

Babies 6 - 12 months



Easy English

## Hard words



This book has some hard words.

The first time we write a hard word

- the word is in **blue**
- we write what the hard word means.

## You can get help with this book



You can get someone to help you

- read this book
- know what this book is about
- find more information.



## About this book

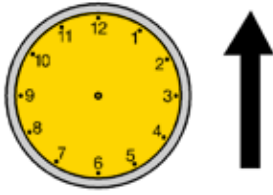


This book is written by the  
Department of Health and Human Services.



This book tells you about sleep for babies  
aged **6 -12** months.

## How much sleep is normal?

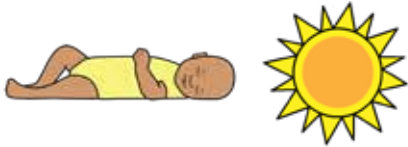


Your baby will

- sleep 10 - 18 hours per day



- sleep most at night



- nap 1 - 2 times in the day.

Every baby is different so your baby might sleep a bit more or less.



Your baby will start to learn

- when it is day and night
  
- how to go back to sleep on their own.

## Settling



Settling means your baby

- stops crying



- is calm.



To help your baby settle, look for **tired signs**.

Tired signs are the things your baby does when they are tired.



Put your baby in the cot when you think they are tired.



Make sure you do things in the same order every day before sleep time. For example

- feed



- play



- sleep.

# Separation

Some babies get **separation anxiety**.



Separation anxiety means your baby gets upset when you leave.

You do **not** have to be with your baby all the time.

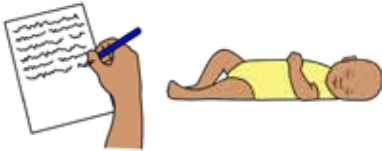


Separation anxiety might make it hard for your baby to sleep.



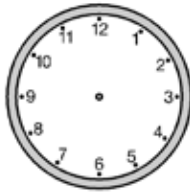
You will work out the best way to settle your baby.

It might help to keep track of how your baby sleeps.



Write down

- when your baby sleeps



- how long your baby sleeps for.



## More information

For more information contact the  
Department of Health and Human Services.



Website

[https://www.betterhealth.vic.gov.au/  
healthyliving/Child-health-0-6](https://www.betterhealth.vic.gov.au/healthyliving/Child-health-0-6)

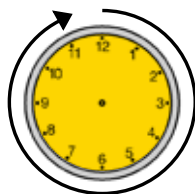


If you are worried about your baby

- contact your Maternal and Child Health Nurse
  
- call the Maternal and Child Health Line.



Call 13 22 29



The helpline is open 24 hours per day and  
7 days per week.



You can also see your doctor for more help.



## More Easy English

There are more Easy English books on our website about



- good sleep routines



- help for sleep problems



### If you need help to speak or listen

You can use the National Relay Service or NRS if you need help to make a call.



Call the NRS help desk

1800 555 660



Go to the NRS website

[communications.gov.au/accesshub/nrs](http://communications.gov.au/accesshub/nrs)







To receive this publication in an accessible format email Maternal and Child Health and Parenting:

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