

Babies and Sleep Worksheet



Instructions:

- Work in pairs or small groups.
- Choose one scenario from the warm-up activity (a second scenario is optional).
- Use your Healthy Sleep for Babies handout as a reference.
- Assume these babies are normal, healthy and thriving.

Scenario #1:

What might you say to affirm the parent?

What additional questions would you ask the parent?

What baby sleep message would be helpful in this scenario? What might you say to the parent?

Scenario#2 (optional):

What might you say to affirm the parent?

What additional questions would you ask the parent?

What baby sleep message would be helpful in this scenario? What might you say to the parent?



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