



# How Can I Help My Baby Wind Down in the Evening

As mothers, fathers and babies come to the end of an active day, everyone may be ready to wind down. This is a time when routines are especially important for your baby. The evening routine that you create for your baby will provide a sense of comfort and security. Routines also help your baby understand how you expect them to behave. Knowing that firm, but caring limits are in place can help children feel secure and competent in their ability to meet your expectations.

## Signs that your baby may be tired:

- your baby yawns
- your baby is irritable
- your baby's eyes look glazed
- your baby is reluctant to make eye contact or smile
- your baby rubs her eyes or face with her fist

You may see one or several of these signs at about the same time each day, especially in the late afternoon or early evening.

## Things that help babies wind down:

- a slow care giving pace
- quiet play in a familiar play space with only a few toys (others are put away)
- low lighting
- talking softly
- singing softly
- playing soothing music at a low volume
- using an infant swing
- rocking
- a bath

## Bathing

- Have everything ready before you put your baby in the water: run the water, check the temperature, gather soap, shampoo, towel, clean clothing, diaper, toys.
- This can be a time for quiet play with safe water toys.
- You can talk to your baby as you wash him.
- You may sing the same "bath" song each evening.
- Being wrapped in a warm towel and gently dried can be nurturing and quieting.
- Being dressed in clean clothes can help your baby feel comfortable and ready for bed.