

The Top 6 Signs Baby is Sleepy

Not sure if baby is ready for bed?

Look for these signs:

- Fussy
- Rubbing ears
- Red eyes
- Crying
- Arching or jerking body
- Blank stares

If baby is showing signs of being sleepy, it might be time for bed.

Safe Sleep: Learn • Plan • Provide Learn how to make it safe at <u>hmhb-mt.org</u>



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