



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 hmhb-mt.org