



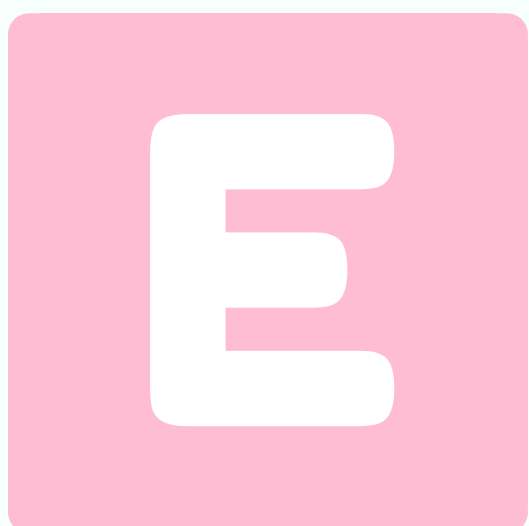
Take newborns out in the day light so they can regulate their sleep cycles soon.



Keep consistent bed time routines.



Start calming routines like massage and reading. These help in the long run.



Respond to your child at night. They need you as much at night as daytime



Remember you are the source for safety for your child.