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THE INSIDERS GUIDE FOR MODERN PARENTS *

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Health:

Setting the Stage for Healthy Sleep

By: [seedlingsgroup](#)

Before the first 6-8 weeks, don't worry about routines or schedules! After 6-8 weeks, however, you can influence your baby's sleep with the following strategies to help set her up for success:

1. Make your baby's sleeping space a calming place with adequate darkness (black out shades are recommended) and quiet. Very young infants can sleep through almost anything but after a few months, as they become more aware of the world around them, most babies will not sleep as well with distractions.
2. Put your baby to sleep in the same place as often as possible. Doing so will eliminate confusion and allow her to develop a sense of her own secure place.
3. Use a sound machine to help soothe her, block out apartment noise, and give her a sleep cue that she can start to associate with falling asleep.
4. Help her differentiate day and night by making the room very dark and quiet at night and a little lighter during the day (with normal daytime noise).
5. Do your best to put your baby down awake but drowsy so she can get used to falling asleep on her own. This will eventually make it easier for her to get herself back to sleep on her own when she wakes up in the middle of the night, and will thus, make sleep training much easier (if even necessary).
6. Don't use your baby's crib for play time (unless she seems to be cooing and finding it enjoyable upon waking of course!). Avoid crib toys. A mobile is fine until 4 months when she may be old enough to try and grab it - take it down immediately. If your baby seems stimulated by the mobile, scrap it!

A good gauge for whether your baby is getting enough sleep is her mood. If she seems content, don't worry too much. If she is cranky, working out her sleep routines will be helpful. One exception is for easy

Home:

What to Look for in a Nanny

By: Sharon Tepper, President,
[Brownstone Nannies, Inc.](#)

Beginning a nanny search can be a daunting task. Determining whom to entrust with our children's care can be a stressful decision. Sharon Tepper, a local "mompreneur" started [Brownstone Nannies, Inc.](#), a nanny referral service in Park Slope, to help other parents navigate this process. Here, she provides some tips for you in your search.

When interviewing potential candidates, Sharon focuses on the following:

- *Length of previous employment.* Has this person had a series of short stints with many families? Or longer-term engagements where she's cared for children through all their different stages of growth.
- *Communication.* The parent-nanny relationship becomes almost as important as a marriage, and communication is key! You need to be able to communicate your priorities, and trust your nanny to make independent decisions based on them.
- *Patience.* The cornerstone to working with kids. It takes a lot of warmth and a true love and respect for children.
- *Common sense.* When interviewing a candidate, always present several scenarios we're all bound to encounter when caring for small children. How have they responded to a medical emergency? How do they manage a toddler's tantrum?
- *Flexibility.* Parents' work schedules may change and they need a nanny to accommodate these changes. An extremely long commute to work can be a hindrance to possible scheduling changes. Flexibility also includes an openness on the part of the nanny to each parents' preferred child-raising methods, including sleep training, food, and TV policies.

temperament babies, who might never seem upset (or rarely). All babies, before four months, should be put to sleep after a period of awake time of no longer than 2 hours (usually much shorter) during the day. In doing so, they will sleep better (sleep begets sleep) and also be much happier babies.

- *Nanny's own family and upbringing.*
How has the nanny raised her own kids? What values has she imparted to them?

For more information, or assistance with your own nanny search, you can reach Sharon at info@brownstonenannies.com or visit www.brownstonenannies.com.



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