



## Sleep

### ☐ Make time for naps.

- At 0-8 months, Baby typically takes 3 naps/day.
- Around 9 months, this changes to 2 naps/day.
- Toddlers usually nap once per day.

*Try waking Baby a little earlier in the morning if you need to adjust their schedule.*

### ☐ Recognize Baby's sleep cues:

- Staring
- Looking away
- Yawning
- Getting fussy or upset
- Rubbing eyes
- Red/flushed eyebrows
- Pulling at ears
- Losing interest

### ☐ Know if Baby will need to sleep at the gathering.

- Bring the clothing they sleep in, like a swaddle or sleep sack.
- Bring a travel crib if the host doesn't have one.
- Make sure that Baby's setup follows the ABCs of safe sleep:
  - Baby is sleeping **a**lone, with nothing in the crib.
  - Baby is sleeping on their **b**ack.
  - Baby is sleeping in a **c**rib or bassinet.



## Feeding

### ☐ Learn Baby's hunger cues:

- Licking or smacking lips
- Sucking on hand
- Bringing hands to mouth
- Sticking tongue out
- Opening mouth
- Turning head to hand
- Rooting
- Fussiness

### ☐ Learn Baby's full cues:

- Closing mouth
- Relaxing
- Drowsiness
- Distracted or disinterested
- Turning head away
- Slowing down or stopping

### ☐ Plan for breastfeeding/formula feeding on the go.

- Bring travel items like a pump or privacy sling.
- Make sure to drink water and eat enough!

### ☐ If Baby has started solids, plan for foods they'll eat.

- Bring some precooked or no-cook foods.
- Talk to the host about providing food for Baby.
- Remember to avoid in Baby's first year:
  - Cow's milk
  - Honey
  - Salt and artificial sweeteners
  - Juice and sugary drinks



## Health & Safety

### ☐ Prepare for non-baby-proofed homes.

- Closely watch Baby if they can move on their own.
- Bring monitors or gates if needed.
- Move breakable/unsafe items out of Baby's reach.
- Keep an eye out for pets.

### ☐ Bring hand sanitizer or encourage hand washing.

- Provide hand sanitizer to anyone who wants to hold Baby, or request that they wash their hands.

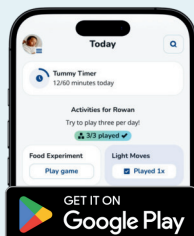
### ☐ Ask Baby's healthcare provider about preparing.

- Especially if Baby was in the NICU or was born premature, there may be some special considerations for their health and safety.

### ☐ Download the FREE Pathways.org Baby Milestones App!

Support Baby's development on the go, and never miss a minute of Tummy Time!

Click to download:



## Other Tips

### ☐ Know when Baby is alert & ready to play.

Play or interact with family when Baby:

- Is quiet & calm
- Has their eyes open
- Enjoys being cuddled
- Is aware of surroundings

### ☐ Talk to family about the holidays. Ask things like:

- What time will we gather, eat, or open gifts?
- What is the set-up of the location?
- Is there a quiet room where Baby can sleep?
- Is there food Baby can eat?

### ☐ Keep Baby warm in the cold weather.

- Dress baby in layers.
- Bring and wear hats, gloves, mittens, and socks.
- Keep their carrier inside (not in the car).
- Put Baby's jacket on *over* their car seat harness.

### ☐ Take care of yourself!

The holidays are often exhausting to begin with, but it takes even more energy when there's a baby! Remember to get rest when you can to make more memories together.