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getting your baby to sleep through the night is a skill it is one both caregivers and baby are learning take time to understand your baby s habits and ways of communicating that will help you guide your baby toward becoming a better sleeper if you have concerns talk to your baby s health care provider

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as a caregiver there are a few things you can do to help your baby self soothe and sleep through the night have your baby sleep in your room you can place your baby in a crib or

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a realistic goal is to help your baby sleep consecutively throughout the night by the time they reach their first birthday as they grow into toddlers and school age children their sleep needs will become more similar to those of adults how to help your baby get to sleep and stay asleep

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