

Urgh, sleep!



Lack of sleep affects most parents of newborns and it can be really hard on you both. To get through:

- Take turns to nap, try blocking out noise with earplugs.
- Sleep when pēpi sleeps.
- Put baby's bed in your bedroom – night feeds are easier – and it's safer.
- Go easy on yourself and each other – this phase won't last forever.

**Up all night with baby...
mustn't miss my stop...
Snort...Snuffle... Zzzzz...**

