

The Best Night Time Routine for your Baby and a Fresh Air Crib Liner, \$ Giveaway!

Description

Isn't it funny how [hard some of us try just to have a baby](#) and want so bad to become parents, but then, upon baby's arrival, we immediately MUST find a way to get them asleep! Don't get me wrong, I know it's not like we're trying to get rid of them, I just feel there's a little irony in there.

Sleep was, is, and will always be one of the most talked about, important, and difficult parts of raising kids. Many parents will quickly buy anything promising to safely get your baby to sleep through the night in hopes that it actually works. I know this because I'm one of them!

And yes, I too felt the grief when these false hopes turned out to be nothing more than a way to get rid of our money. Who needs money anyway? :)

As many parents already know, gimmicky products may or may not actually benefit your child's sleep, but there's one surefire and free thing we can all have immediately; a night time routine. You know, a way parents can ease their kid's transition from being awake to going to sleep.

So, what is the best bedtime routine for your baby? This might come as a surprise to some, but there is no one best way. The best routine for our house may not work so well in your house and vice versa. Whatever you and your family can stick with and get your baby used to will be the "best" routine.

As your baby ages, you might do a few things different, but as long as nothing major is changed like watching TV after bath time when TV was always before, you should be safe. For us, we usually go on a walk before sitting down at the dinner table together. After dinner, it's straight to the bath (she really needs it since we're doing baby-led weaning!), and then we go to her room to dry off, rub coconut oil on, and Going Mom will nurse her to sleep.

Other things to incorporate into a night time routine include:

- letting your baby move around to get built up energy out of the system
- giving a baby massage
- story time (preferably nothing too adventurous or exciting)
- talking with your baby about the day
- saying goodnight to everyone and everything (stuffed animals, toys, etc.)
- create a soothing playlist of lullabies or other easygoing music to have in the background while settling in for the night

Whatever you choose for a routine, stick to it! Even when you're away from home, try and stick as close to your usual routine as usual to give a better chance that everyone will have a good night's rest.

When your precious little one finally goes to sleep, a safe, comfy crib will help to ensure they stay that way. A problem we ran into once Avery learned to roll around was that she would get her limbs caught between the crib. And there went sleeping through the night! *womp* *womp*



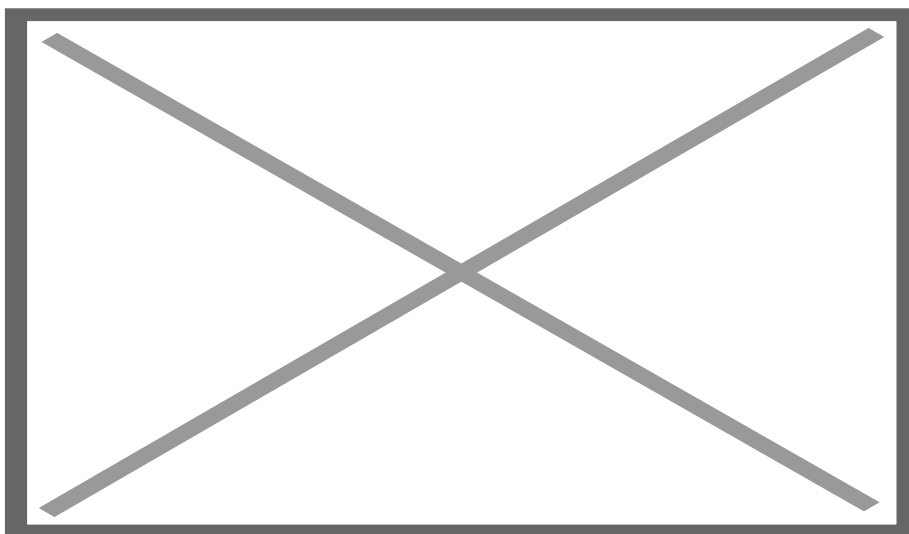
From reading about the dangers of crib bumpers, we didn't want to put Avery at risk of suffocation, but luckily we found a breathable mesh crib liner to keep her limbs in and danger out.

Since installing the liner, we have had zero issues with safety and Avery's arms and legs are always inside where they belong. She's even pulling on the crib and liner and standing up now, but we still have no issues with anything getting messed up and out of place. To us, we wish we would've had a liner in from the start, but better late than never, right?

Do you have a crib liner for your baby or baby on the way? Obviously, we were a little late to the game, but lucky for you, the nearest Target now has all you need to line your crib and keep your baby safe and comfortable!

The [Fresh Air Crib Liner](#) by [SootheTime](#) can now be found at Target, and you can even get a [\\$5.00 rebate by clicking here](#). This is the perfect alternative to dangerous crib bumpers and will allow baby to sleep safe and sound while parents can sleep with peace of mind.

The liner is meant to fit most cribs with ease and has colors for boys, girls, or a unisex option.



If you haven't found something to keep your baby safe in their crib, then head to your nearest Target and pick up a Fresh Air Crib Liner for yourself. Don't forget the [\\$5.00 rebate!!](#)

But, if you can wait a few days, I have an even better way to get your own Fresh Air Crib Liner by entering to win one here! Just do as told by RaffleCopter and you'll be entered. The giveaway will end next Wednesday, 08/13, at midnight.

[a Rafflecopter giveaway](#)

Best of luck to all of you!

Disclosure: I am participating in this campaign as a member of [The Niche Parent Network & Conference](#). Although I received compensation and product, all opinions are my own.

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