

Five Things To Help Your Baby Sleep Through The Night



1

Start a bedtime routine: You can do this at as early as 1-2 weeks but certainly by 6 weeks it is worth having a bedtime routine in place. This can be quite short and simple, but the idea is to do the same steps in the same order every evening. It becomes rhythmic and helps cue your baby for a longer stretch of sleep. Be sure to complete the last stages of the routine in the room in which your baby will be sleeping and in low level lighting. The process should flow so it is not ideal to go from a bath and getting dressed for bed followed by going back into the living area as this is stimulating.

2

Create a sleep friendly environment: This needs to be nice and dark, calm and quiet. No busy mobiles overhead, no light projectors on the ceiling or anything else that is visually stimulating. Also try to keep the room temperature steady and comfortable. If your baby is in your room, avoid having a television or other electronic device on.

3

Sleep space: When your baby wakes or while she is trying to settle to sleep at bedtime, try picking her up to calm her and then placing her back down awake and repeating this a few times to help her become aware of her sleep space. Also try to soothe her in the crib as well. We want her to feel safe in there and to feel that you are very close by.

4

Avoid over-tiredness: This is one of the biggest causes of sleepless nights. I know that sounds backwards, but it is true. A well-rested baby will sleep far better than an overtired baby. Remember this phrase 'Calmer days equal calmer nights' so avoid busy shopping centres or carnivals or parties because, even if he is asleep, he will be in a light sleep and aware of the outside stimulation.

5

Drowsy but awake: From 6-8 weeks, practice putting your baby down when he is ready for sleep but still awake. Some call this 'drowsy but awake' but when they are too drowsy, this has no affect. Just practice to begin with and help him along to sleep if need be but from 4+ months you can give him a little more chance to settle before rescuing him. It takes time to master the skill of self-settling but this gentle practice will help to develop it.



The Sleep Nanny®

BRINGING THE JOY BACK TO SLEEP DEPRIVED PARENTS

www.thesleepnanny.com