

Top 5 Tips



BEDTIME ROUTINE



This is a GAME CHANGER and will always be my number 1 tip. Think of it this way.. how do you explain to a baby that it is bedtime.. time to sleep ALL night. Well, quite simply, you don't use words because they won't understand. Instead you use actions. By doing the same bedtime routine every night, it doesn't take long before your baby will understand that this is what is happening. This is the start of 11 or 12 hours of quietness and night time.

CONSISTENT SCHEDULE



When I say 'consistent schedule' I'm not just talking about feeds. In general, you probably have a fairly consistent feeding schedule and that's great, but I'm also talking about naps, meals, and playtime. Doing the same thing at the same time each day really helps to regulate your baby's body clock AND helps them understand what is coming next. Find a schedule that works for you and your family and stick to it.

WAKE YOUR BABY



YES! That's right.. wake your baby from naps AND in the morning. Once you have a good nap schedule in place, we don't want to mess it up, so that means waking your baby. I always suggest picking a time to wake your baby in the morning and stick with it. I use 7am and I plan naps accordingly. Again, this comes back to sticking with that schedule. If you leave your baby to sleep as long as they like, you can expect them to wake more in the night. It's up to us to nudge them into sleeping more at night than during the day.

SLEEP ASSOCIATIONS



A sleep association is anything your baby needs to sleep. This might be a dummy, or a teddy, or white noise. My advice is to form good sleep associations, which don't hinder your life. For example, I use white noise consistently. It works brilliantly because as soon as I put the white noise on, my babies' know it's time to sleep and they snuggle down. Similarly, my son has (and still does!) a few cuddly toys which he's had since he was 6 months old (he's 4 now!). As long as they're in bed with him, he's happy!

WAIT 5 DAYS

A baby with light skin and blue eyes is lying on a purple textured surface. The baby is wearing a white short-sleeved shirt with a small grey pattern. The baby's right arm is extended to the left. The background is a solid purple color with a subtle texture.

Lastly, if EVER anything changes with your baby's sleep, give it 5 days. For example, if your baby suddenly starts waking at 5am, don't rush to change their naps! There might be a reason for this early wake.. or there might not be! Give it 5 days.. if they are still waking early, then think about change. Sometimes we are inclined to switch things up at the first sign of change when, in fact, it might be a one off. Give it time.

NEED MORE HELP?



If things seem a little overwhelming, why not book a mini call with me. These are 30 minute calls where you can ask me anything you like and get the answers you need.. quickly!

Click the link below to check out my availability.

MINI CALL