

5 Top Tips To Get Your Baby Sleeping Better



little dreamers

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1 Implement A Sleep Routine

Routines act as cues or signals that sleep time is coming and it's time to wind down. You can start a sleep routine as early as 2-3 weeks. I would definitely recommend having one in place by 6-8 weeks. 30-40 minutes is a good length of time for a sleep routine and even shorter for very young babies. The same steps in the same order every night help cue your baby for sleep time. At nap time a shorter version of the sleep routine can be used (5-15 minutes)

2 Create a comfortable sleep environment

A sleep environment that is conducive to sleep can make all the difference to your babies sleep. On a scale of 1-10 (10 being the darkest) your babies room or sleep area should be about an 8. No stimulating toys over the sleep area such as mobiles/light projectors etc. Try keep the room temperature at a constant comfortable temperature as babies are very sensitive to being too hot or too cold. If your baby is sleeping in your room avoid having the TV on or any other electronics.

3 Avoid Over Tiredness

Over Tiredness is one of the main causes of babies struggling to settle at sleep time. A well rested baby will sleep far better than an overtired baby. Be aware of your babies sleepy cues such as rubbing eyes !) pulling on ears !) yawning etc. Newborn babies can only be awake for roughly 45 minutes before needing to sleep whereas a baby who is 9-12 months old will need to sleep after being awake for 2-4 hours.

4 Try Soothing Techniques

Babies, toddlers and pre schoolers all need reassurance at times, so find what works best for your child. Babies usually react well to patting, ssshing and stroking whereas toddlers may prefer a cuddle and a song. Whatever reassurance you are offering make sure it is used intermittently so your child does not come to rely on it to fall asleep.

5 Practice Putting Your Baby Down Awake But Ready For Sleep

This helps them learn to self settle an essential part of being able to sleep well. You can start practicing this from as early as 6-8weeks !) however up until 4 months they will still need help to settle so it will just be practice up until this point. It's always best to start at bedtime.