

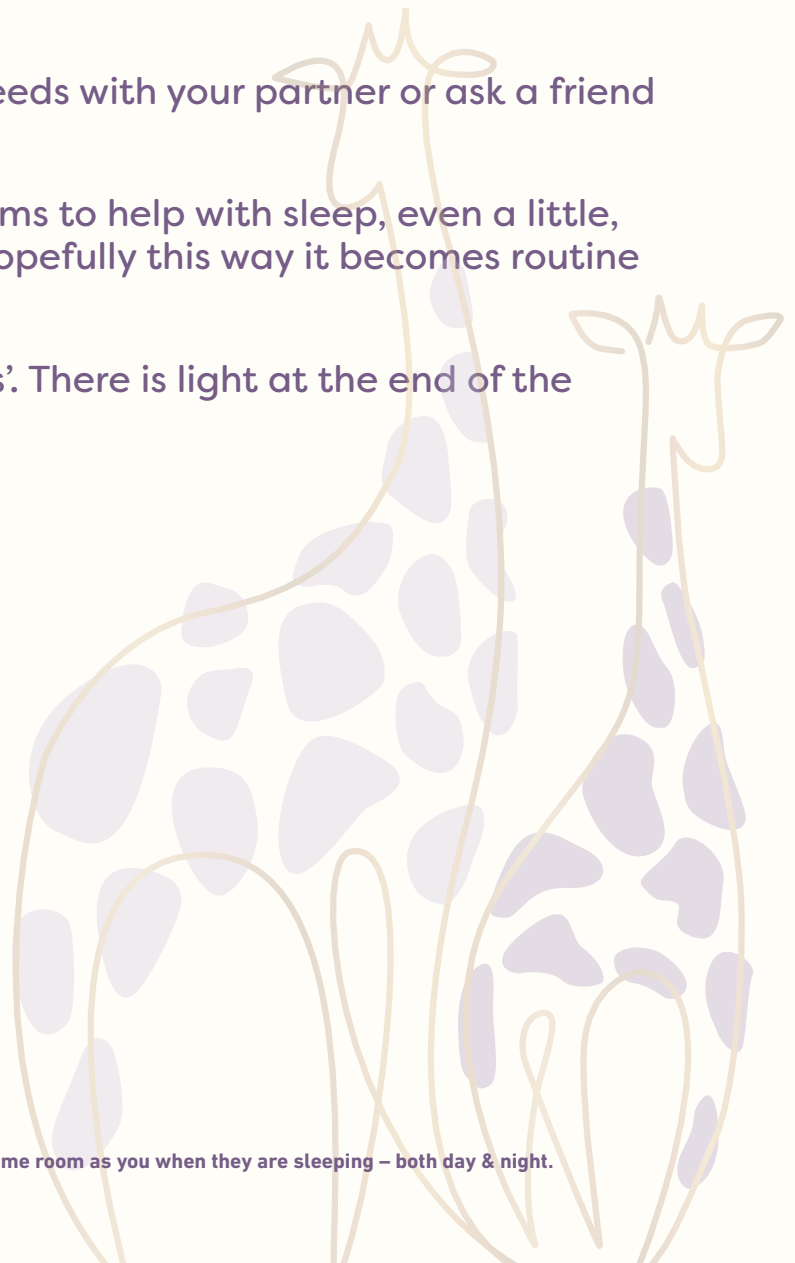
# How to help baby sleep... like a baby

Need to help baby sleep? Babies love to sleep, eat, repeat. Right? Except the sleep bit can sometimes take work. There's no perfect formula but try these baby sleep tips from the list below and you might find a solution.

- ✧ Get a baby sleep routine for daytime and night-time. Bright lights and activity in the day and dim lights and baths in the evening. They might not pick up on it right away, but it should help over time.
- ✧ Stick to the baby sleep routine as much as possible. For example, try and do feed, bath, book, bed in the same order each night.
- ✧ Keep loud, fun games for daytime.
- ✧ Try not to overstimulate in the evenings. Use softer voices and make less eye contact during night sleep times. Even if baby wakes up to play.
- ✧ Try not to tiptoe around a sleeping baby. While differentiating between day and night is helpful, silence in the house could turn them into a light sleeper when they go anywhere else for naps.
- ✧ Try to get baby used to napping out and about while young. They have a few years of napping ahead so it will be better if they get used to going with the flow a bit.
- ✧ Consider incorporating a bedtime routine at around three months old if one isn't already established.
- ✧ Get a cool, breathable cover for the buggy for naps on the go.
- ✧ Try white noise. It's said to remind them of the womb and help them relax. Look for apps or go on YouTube.
- ✧ Consider avoiding certain sleep crutches. Rocking might work now, but soon they'll be a lot heavier and might expect it every night.



- ✧ Try gradually weaning them off cuddle/rocking time before a sleep association is established. Go from rocking to a rhythmic pat and 'shhh' to sleep. Once that works, next time decrease the number of pats and 'shhs'. Eventually you will be able to put baby down and walk away with this gradual approach. It's a chance for baby to learn to self soothe.
- ✧ Learn to recognise baby's signs of sleepiness. If they're yawning, stretching, or rubbing eyes and ears, it's probably a good time to try for a sleep.
- ✧ Try blackout blinds for night-time sleeps.
- ✧ Understand that every baby is different. What works for some may not work for others.
- ✧ Talk to someone if things get too difficult. Try the Cry-sis helpline (0800 448 0737). Remember you can only do so much.
- ✧ Talk to your GP or health visitor if sleep deprivation becomes an issue.
- ✧ If it's an option, try and split feeds with your partner or ask a friend or relative for help.
- ✧ If you find something that seems to help with sleep, even a little, keep trying it several times. Hopefully this way it becomes routine and familiar to your baby.
- ✧ Remember, 'this too shall pass'. There is light at the end of the tunnel.



\*For the first 6 months, your baby should be in the same room as you when they are sleeping – both day & night.