

MY TOP TIPS TO HELP YOUR BABY SLEEP

BRISTOL CHILD PARENT SUPPORT



Babies are not born with a 24-hour clock so cannot distinguish between night and day. You need to help them with this and they start to learn between six to nine weeks of age and then as the clock matures at about 9 to 10 months the baby's clock will mature.

- ◆ Babies' wake more than adults so remember it's normal if they wake constantly and can wake up to four to five times a night this should reduce as they get older. .
- ◆ Try and ensure your baby does not always fall asleep on the bottle or breast, put them in their cot, or beside you. It's alright to take them off the breast and let them sleep without sucking. REPEAT REPEAT REPEAT this so they know what to do, your baby's brain is born unfinished so they need to learn by repetition. (it is often many times)
- ◆ Sleep associations (this can be one of the biggest issues for sleep problems) can develop from rocking or feeding, sucking on the bottle or breast, so remember when your baby looks sleepy, yawn rub their eyes, place them in their cot or beside you.

Be aware of SIDS and you have a medical condition which prevents them from sleeping.



- ◆ Make sure their bedroom is a lovely cosy place, define between night and day.
- ◆ Know the sounds of your baby and what they might mean. Babies are in lighter sleep than us so moan and make noises, this is normal. Many parents pick up their child even when they not hungry or are just making a noise.
- ◆ Sleep is the first separation, so mummy and baby can be anxious. If you notice this, tell yourself that your baby is safe and you are okay. Ensure you sleep when baby do
- ◆ To help them to develop this, put them in their cot or your bed
AWAKE

Let me empower you to have a goods nights sleep, contact me on the link below. With Love Catherine

<https://www.bristolchildparentsupport.co.uk>