

## Here are some great tips you can try yourself to start encouraging great sleep habits!

You can also book your private consultation which includes 1 week of telephone/email support by emailing [sleepconsult@preciousmomentsbabeez.com](mailto:sleepconsult@preciousmomentsbabeez.com)

### 1. SWADDLING:

If your baby is not yet rolling over, he should be swaddled for all naps and bedtime. Swaddling will help your baby to wake up less often. Some families believe that their baby does not like to be confined within a swaddle but it's so important to understand that being tight, warm and confined is exactly what they are used to and a common mistake among parents is to leave them loose and free when sleeping. The key to swaddling is to ensure a tight swaddling. For parents who have a challenge with this, using a product like [The Woombie](#) or [The Ergococoon](#) are ideal. Remember a swaddled baby is a happy baby!

### 2. WHITE NOISE:

White noise has been known for years to help babies sleep better, deeper and longer. The loud constant sounds of vacuums and blow dryers have been used for many years to calm and soothe babies. But did you know that you can condition your baby to consider the white noise his clock! Unfortunately, babies can't tell time and therefore, similar to the Gro Clock, you can use your white noise machine to tell your baby it's still sleep time. Make sure your machine is loud and continuous without shutting off. It should be used for all naps and overnights and for the entire time your baby is sleeping. The key is to turn the machine on before putting your baby into his bed and turned off before taking him out. Here is the perfect machine at [Wells.ca](#).

### 3. ROOM ATMOSPHERE:

Your baby's' room atmosphere is so important to him having proper sleep. The room temperature should be between 18-22 degrees. He should have blackout curtains on the windows that prevents all outside light from entering both day and night. The use of a 4watt night light is suggested as it does take baby's eyes some time to adjust and it can be scary if he is waking up in complete darkness

### 4. CALM DOWN ROUTINE:

Having your baby relaxed and calm before any nap or overnight sleep is very important. By allowing your baby to have some calm time in his wake period right before sleep, it will allow him to get into the mode for sleep. Offer your baby 5-10 minutes of calm time right before each nap and 20-30 minutes before bedtime. Some suggestions would be to have a snuggle and read a book right before his naps and for bedtime, a warm bath and soothing massage are the perfect end to your baby's stressful day!

## **5. SHUSH & PAT:**

For those parents who find it difficult to listen to their baby cry, a great alternative to picking him up and rocking is the "Shush & Pat" method. When your baby wakes up, try and shush him very loudly while patting his bum at the same time. For babies sleeping on their backs, you can slightly lift their legs to pat their bums. As soon as baby calms, step back where he can't see you and wait a few minutes, if he starts again, you can offer another shush and pat but try not to step back in until his cry calms down slightly or he takes a breathe between cries. Try not to step in when he starts to scream the loudest or he will soon think that's what he needs to do to get mommy and daddy back to help. This method does take much longer and needs much more patience but with some consistency may work.

## **6. ALTERNATIVE SLEEP:**

If your baby is struggling with a particular nap, it is ok to sometimes use your swing, your stroller or even a car ride. It's quite normal for most babies to struggle with the last nap of the day. They are often over tired and this is what we call the "bewitching hour". If you find that there seems to be a nap your baby struggles with or if your baby is having an off day it is ok to resort to the use of one of these methods as long as it does not become habit or routine.

## **7. SLEEPING IN HIS ROOM:**

By 4 months, we usually encourage parents to start allowing their baby to sleep in his own room. As much as your baby's noises and squeaks can disturb you, your snores and coughs can disturb him. By allowing him the opportunity to sleep in his own room will help him be disturbed less often and start to encourage some independence. The use of a video monitor is a great way of parents still keeping baby close and insight without co-sleeping.

## **8. SLEEP INCLINE:**

For babies under 4 months and who are not yet mobile, a sleep incline is a great way to help cut on gas and spitting up. This is great for both babies with or without reflux and/or colic. You can purchase [crib wedges](#) to help.

## **9. SLEEPTIME MESSES:**

If your baby spits up, poops or pees through his clothes, he definitely needs to be changed. However, there is always a better way of addressing situations. If you need to change your baby, try and use as minimal light as you can, do not talk or make loud sounds or movements and keep everything very quick. The best case scenario is to change your baby in his bed. Slip a change pad underneath him and change him as quickly and quietly as you can.

## **10.SLEEP CYCLES:**

Sleep Cycles for babies are between 45 minutes to an hour. This means that approximately every 45 minutes to an hour your baby will come out of a sleep cycle and SHOULD go back into the next. However, parents who don't realize this often take their babies noises and movements around the 45 minute mark as the end of his nap. Try to shush and pat your baby for 20 minutes before giving up on this nap. Sometimes you can help him get back to sleep and into the next sleep cycle, possibly stretching that nap to an hour and a half. Remember once you feel you have tried long enough, turn off your noise machine before taking him out of his bed.

The Babeez Dream Team has been helping family in over 20 different countries achieve better sleep for their little ones. We are always here to help if you feel you need more one on one support. All you have to do is email our auto email at [sleepconsult@preciousmomentsbabeez.com](mailto:sleepconsult@preciousmomentsbabeez.com) and you will get an auto response to our full programs and packages.

Sleep well!