

Dreaming of Sleep

Before you had a baby, you likely took sleep for granted ... enter your baby and suddenly the idea of a good night's sleep seems but a distant memory, however, as your baby grows and develops this will become easier.

Here are some tried and tested tips that may help

If my room is too hot or too cold, it might keep me awake. The ideal temperature is 18°C



If I wake in the night, I may be hungry, or I might just need a cuddle



I am not used to sleeping in a completely noise free environment, so I might find it easier to sleep with a little noise, such as the whir of a fan.

Shhh....

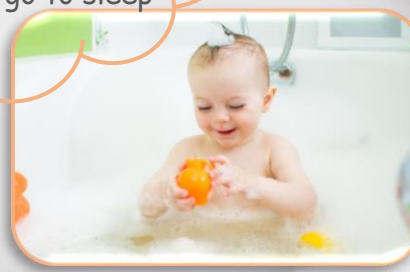
Having a comforter will help me to settle and feel safe



I don't really need a light on to sleep. If it is darker I will get used to the rhythms of day and night



I might like a relaxing bath, a story or a gentle lullaby to help me relax before I go to sleep



Please do not leave me to "self soothe" or "cry it out", I am not yet old enough to regulate my own emotions but as I develop I will gain the skill of falling back to sleep if I wake in the night, giving you the sleep you also need.