

The Truth Is You Are Not The Only Person Apprehensive About Investigating Sleep Consultants

*While writing blog posts, I am forever researching **Sleep Consultants** and subjects appertaining to this.*

Of course everyone has an opinion on babies and sleep - you'll be told you're spoiling you're child, not to rock them to sleep, to co-sleep or not to co-sleep, to put baby to bed earlier/later/offer a dream feed/don't offer a dream feed. The mix of advice can be more exhausting than the tiredness itself. Usually, we tend to associate darkness with sleep and resting. This holds for children as well. Close the curtains, shut those blinds and keep the room dark and cozy. Even the slightest of light can disturb your young one's sleep. Also, let them snuggle in or laze around in bed for an hour before you begin your day. Some babies naturally need less sleep than others. However, a baby who is continually sleepy and doesn't wake up for feeds could be ill. If you are worried about your baby's sleep pattern for any reason, or feel you can't cope, don't be embarrassed to ask for help from your Health Visitor or GP. Just because you've heard a little babble from your baby, once they're older than six months, there's no need to rush in to your baby's room. Give them a chance to adapt to being awake without seeing you immediately and you never know they might fall back to sleep. If you go straight in, you'll stimulate them which will wake them more and they will associate it with time to get up. A sweetly sleeping newborn baby is one of life's most precious gems. And it's an image we often see in magazines, ads and in the movies. Frequently, the baby is wrapped in a blanket, surrounded by stuffed animals, maybe on their tummy or side. Pillow use alone for babies has been shown to increase the chance of SIDS occurring by up to 2.5 times. If you were thinking of using a pillow with your baby due to concerns for plagiocephaly (or 'flat head syndrome'). There are techniques you can use that could help plagiocephaly which will not increase the risk of SIDS.

TIP:

Make the room as dark as possible if your little one needs a nap in the day. The room will be unfamiliar, which is interesting to nosey toddlers. The Fear-Of-Missing-Out is strong for little ones so keeping the room nice and dark reduces stimulation and will aid sleep. Our room had blackout curtains and I know other rooms has some extra blackout blinds behind their curtains.

Think your baby is waking up? Be cautious about intervening too soon. Your baby might be asleep, or ready to resume sleeping on his or her own. It's normal for sleepers of all ages to experience many partial awakenings at night. At around the age of six months you may be at the beginning of your weaning journey, or well established- but with this comes a worldwide misconception that your little one will start sleeping through. In fact, studies show that waking in the night for a feed is quite normal right up until 18 months. Regular naps are an important part of a newborn sleep schedule. Use a guide of 45min awake time before putting your little one down to sleep again. This will help prevent baby getting overtired and over-stimulated. At around 6 months, babies may begin sleeping for a longer time at night. Caregivers and babies may start settling into a sleep routine, and babies typically take naps around the same time each day. Disruptions in this routine and similar environmental shifts may affect sleep. Whether its something specific like [How To Become A Sleep Consultant](#) or really anything baby sleep related, a baby sleep consultant can guide you to find a sleep solution as individual as your baby is.

Sleep Begets Sleep

Control the light in your home to reflect the time of day: babies respond to external cues, like light, so keeping the curtains open and making the room feel brighter will keep your baby active during the day. Come night time, make rooms as dark as possible to teach them when it's time to sleep. When babies are born they need darkness to switch off because they are used to the darkness of the womb and a dark room will stimulate the sleep hormone melatonin. Even though you may not yet be able to feel baby's teeth, teething discomfort may start as early as three months and continue off and on all the way through the two-year molars. A wet bed sheet under baby's head, a drool rash on the cheeks and chin, swollen and tender gums, and a slight fever are telltale clues that teething is the nighttime culprit. I can't tell you how many parents tell me their kid hates the swaddle. But nothing could be further from the truth. In my experience, while there are a few babies that truly hate the swaddle, most parents mistake their child's fussing for hate. Try to implement use of the swaddle for naps and at bedtime. Try it for several weeks for each sleep period before writing it off. Some experts think that using a dummy when you settle your baby to sleep may reduce the risk of SIDS. But not all experts agree as the evidence isn't strong enough. If you decide to use a dummy, experts advise waiting until breastfeeding is established. This is usually by the time your baby is about a month old. Sleep consultants support hundreds of families every year, assisting with things such as [Sleep Consultant Training Course](#) using gentle, tailored methods.

In its simplest form, sleep training is the process of your baby learning to fall asleep by themselves — whether that's in the very beginning of the night when they are put into their crib or when they wake up in the middle of the night. Be prepared to change routines as your baby grows and enters different stages. And remember, growth spurts, teething and illnesses can all affect how your baby sleeps. I used to believe that there was no such thing as a kid who sleeps too much. In fact I always

wanted to be the parent of one of these kids. But I've come to learn that some kids who sleep more than expected often have some underlying medical issue that leaves them unusually tired. Fresh air is good for us - everyone knows that. And it's good for baby too. Nothing like getting them out for a brisk walk, even if it's not the height of summer you can wrap them up and just go. And many people say that their baby sleeps better -and for longer - after a nap in the fresh air. Technology has found its way into nighttime baby care by providing tired parents with a variety of sleep-inducing gadgets. These gadgets are designed to lull a baby off to sleep alone in her crib: oscillating cradles, crib vibrators that mimic a car ride, and teddy bears that "breathe." All promise to fill in for parents on night duty. Be discerning about using someone else's method to get your baby to sleep. There are multiple approaches to [4 Month Sleep Regression](#) and a sleep expert will help you choose one that is right for you and your family.

Bedside Sleeping

If you live with your partner or another adult, make a plan together of how you will both fit in rest, as well as time with the baby. If you're travelling, you will just need to prepare in advance and make the necessary adjustments. Bring a portable bed like a bassinet or a playpen. You will also need a room where you can do the nighttime routine and put your baby down for the night. As baby adjusts to life on the outside, he'll stop mixing up his days and nights, often by the end of the first month. That's when your baby starts making his own melatonin, a sleep-regulating hormone. In the lead-up to bedtime, try to set a calming atmosphere and carry out the same bedtime routine every night. The following rituals can help your baby associate nighttime with sleeping: taking a bath, changing into pyjamas and a fresh nappy, singing a lullaby or having a nighttime feed. As lovely as it is when your baby gently falls asleep on you, it isn't realistic, or safe, for your baby to need to be on you in order to sleep. A sleep consultant will take a holistic approach to create a sleeping system that you can manage and one which takes into account [Sleep Regression](#) as well as the needs of the baby and considerations of each family member.

Baby will likely experience growth spurts at around 3 months, 6 months and 9 months (though the exact timing can vary). When this happens, he'll likely wake up earlier from naps, and more often during the middle of the night to eat. If you have a really sucky baby, consider using a dummy for bedtime and during the night settling. Once babies are over about 5 months they can learn to put a dummy back in for themselves, which means you don't need to feed them back to sleep. Your newborn baby could sleep anything between 9 to 20 hours in a 24-hour period. For the first 8 to 12 weeks, your infant can't tell the difference between day and night. A very common problem parents' face, after all, what's more natural than holding your baby tight and letting them fall to sleep. Yet it becomes a challenge when this is the only way your baby will sleep and the minute you lay them down they wake. The uterus is a pretty noisy place between your breathing and gurgling stomach — which is why many infants find white noise or a musical mobile soothing at bedtime. If you need guidance on [Sleep Training](#) then let a sleep consultant support you in

unlocking your child's potential, with their gentle, empathetic approach to sleep.

Sleeping Is A Skill A Baby Will Never Forget

To help your baby to settle in their cot at night, try to avoid rocking or snuggling them to sleep on you or in your bed before transferring them to their cot, and instead have a cuddle with a story and then put them into their bed while they are awake. That way - they fall asleep in their bed without the need for cuddles or rocking. This is especially important as during the light REM sleep phase they will wake needing the thing that settled them to sleep, rather than gently stirring and falling back to sleep unaided. Bedtimes are a special part of the day, and a great opportunity to focus solely on your baby. Adding massage to your routine is a wonderfully relaxing experience for both you and your little one. Massaging your baby after their bath, is an excellent way to bond with your little one, and enjoy some peaceful time together. Babies, like adults, also have different types of sleep, and active sleep cycles could have them jolting and moving about. Keeping them snug in a swaddle could stop them from waking themselves up. If your baby is cared for by a nursery, child minder or grandparent, let them know what's happening and ask them to try adjusting nap times if you've found that it's proved helpful. Babies like routine. Sticking to the same things every night will help your baby develop a good sleeping pattern. After bathtime try reading a gentle story then singing them a song and giving them a cuddle. This should help them feel safe and secure and get them to sleep in no time. A sleep expert will be with you every step of the way, guiding you on how best to find a solution to your sleep concerns, whether its [Ferber Method](#) or one of an untold number of other things.

It is important not to feed your baby more frequently than every two and a half hours during the first six weeks, unless there is a medical reason and your pediatrician advises you follow a more frequent feeding schedule. Your baby's digestive system needs time to process the food. Make sure that whatever you give your child in their cot is not a SIDS or choking risk. Before you give this toy to your baby for the first time, you should sleep with it for three to four days so it absorbs your scent. When the baby wakes up at night, she can then draw this toy close to her and be soothed by your smell without you actually being there. Make sure your standard crib is set up properly and that the mattress is at the correct height. You don't need any bells or whistles like blankets, pillows or bumpers to keep your baby comfortable. Safety is essential and anything like that is not safe for a sleeping baby. Check out supplementary information regarding Sleep Consultants in this [NHS](#) article.

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