

Baby Sleep Habits



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Just like adults, children are creatures of habit.



Babies will quickly develop sleeping habits, so start as you mean to go on!

Let us take a look at a few of the
habits that could **hinder** your
baby's sleep...

Habit One: Feeding just before your baby goes to sleep

In theory this sounds like a great idea. The later you can feed your baby before they go to sleep the longer it will be before they're hungry and wake for another feed.

However...

...what actually happens is that your baby gets into the **habit of needing a feed** before they will go to sleep and whilst this is usually not a problem either before they go to bed at night or before daytime naps, **what do you think happens when baby awakes during the night?**

Yes of course, they have developed the habit of needing a feed and so won't go back to sleep until they've woken you and you've given them another feed!





Babies will very often naturally wake a number of times during the night and so this bad sleep habit has been formed!

Habit Two: Rocking your baby to sleep

Rocking your baby to sleep is another bad habit for **you (and them)** to get into.

A baby that is regularly rocked to sleep will soon never go to sleep until they have been rocked.



This will not be too much fun for you if it is required at 2am then 4am and so on!

Habit Three: Staying awake until overly tired

This is often encouraged by parents for one of several reasons.

Firstly a parent may believe that if their baby is very tired then they are much more likely to sleep through the night

This can very often have the exact **opposite effect** however and the **over tired child** will have far more trouble getting to sleep than they would if they had been put to bed an hour or so earlier



Secondly, (and this will be a difficult one to resolve for many parents) many parents work during the day and look forward to getting home at night and playing with their baby for an hour or so before they are put to bed.

The downside to this however is twofold:

- The baby is kept awake for longer than they should and so they can become **overtired** and find it difficult to get to sleep.
- Playing just before bedtime excites the baby. This **stimulation and excitement** make it more difficult for them to then get to sleep when eventually put to bed.

Obviously, every parent wants to play with their child when they return from work but any have found that slightly reducing the amount of play time in the evening can have a great effect on their baby's sleep



Habit Four: No Sleep Routine

In this instance, having no sleep habit is similar to having a bad sleep habit!

It is important that as a parent you help to develop good baby sleep habits and this includes setting (and keeping to) a routine that leads up to baby being put to bed



As much as possible you should attempt to put your baby to bed at a **similar time** each night.

Of course, this is not always possible but keeping to a set bedtime whenever you can will reap it's dividends

Keep your routine as standard as possible. Write out your preferred routine and **keep to it** as much as you can.

As an example, your baby's sleep routine may include: a bath, a change of nappy or diaper, then placing them in their crib or cot, next a bedtime story or singing a lullaby and finally ending with you leaving their room before they go to sleep.

Correcting these bad habits will make a huge difference to your baby's sleeping routine and help you to finally find your baby sleep solution!

By Chris Towland



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