

goodnight sleepsite

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Welcome to the Good Night Sleep Site Family!

You have signed up for our Good Night newsletter, full of sleep tips, informative articles, and upcoming Good Night information. As thanks, you have received my Top 5 Sleep Tips for Your Soon to Be Independent Sleeper.

If you have any questions please feel free to contact me. Why not book your complimentary initial 15-minute phone consultation? We can discuss your sleep issues and get you on the right track to sleep success.

Get ready for a happy, healthy and well-rested family unit!

Top 5 Sleep Tips for Your Soon to Be Independent Sleeper!

Getting your baby or toddler to sleep through the night can be a struggle. And don't even mention naps! Whether you're a first-time or been-there-done-that parent, we all go through sleepless nights. Here are five ways to help your child sleep at night, and get some rest for yourself, too!

Children Thrive on Routine

Once your baby is old enough – typically around four months of age – you can start creating a great routine for them. Have regular times to wakeup, nap and go to bed, and keep them consistent. Also a doing the same calming activities during your bedtime routine helps cue your child that bedtime is coming next and this can actually be practiced from day 1. It doesn't mean you have to do the exact same things every night. Sticking to similar steps each night will encourage your child to feel more secure in going to bed on their own.

Bump Up That Bedtime

An earlier bedtime is sometimes all that is required to get your child sleeping through the night. It also could help with bedtime battles and early risers. You'll get your nights back and your baby will go down before he's overtired. While it may seem counter-intuitive, when babies are put to bed too late they become overtired and have a hard time accepting sleep and staying asleep throughout the night.

Naps, Biggest Struggle, But so Important

By four to six months, babies will start showing a more predictable pattern of daytime sleep, so it's a great time to start developing a nap schedule. Restorative naps are one of the most important factors in establishing healthy sleep at night, but they're also one of the most common sleep issues out there. Short naps of 30-45 minutes are common; this is a natural sleep cycle. Our goal in attaining a proper restorative nap is aiming for at least an hour per nap, with 1.5 hours being our goal. You can push them through into the next cycle with a lot of persistence and consistency.

Wake Up to Sleep Associations

Sleep associations, like rocking and nursing to sleep is only a problem if your baby needs you to recreate the environment in which they fell asleep and now the entire family unit is losing sleep and not functioning as it should. The key is to have your child learn to fall asleep the same way they will wake up throughout the night, on their own. Put your child to bed drowsy, but not asleep. We want them doing 80% of it on their own. Stop. Wait. Listen. You may surprise yourself when they fall back asleep on their own.

Consistency, consistency, consistency... Did I mention consistency?

No matter what method you choose or how you schedule your routine, please remain consistent. I can't stress that enough. Consistency is key! Once you have carved out your schedule and implemented it, your best chance to success is to stick with it. You also have a better chance of remaining consistent if you choose a method that you are comfortable with, and that follows your parenting philosophy. This makes it less likely that you'll quit half way through. Be patient and with time and consistency, your kids will learn how to get the healthy sleep they need.

I hope these Good Night tips help. I would be more than happy to help you on your sleep journey. Please contact me with any questions on how Good Night Sleep Site and myself can help you and your child reach sleep success!

Alanna McGinn