

A close-up photograph of a baby with dark hair, wearing a white turtleneck, sleeping peacefully against a light-colored wall. The baby's eyes are closed, and their expression is calm. A large, teal-colored starburst graphic is overlaid on the left side of the image, containing white text.

SIMPLE SOLUTIONS

TO HELP BABY
FALL ASLEEP AT NIGHT

Sleep Solutions
BY CHRISTINE



Thank you for downloading these simple and easy to implement tips for helping your child sleep well.



Presented by Christine Stevens

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Sleep Solutions
BY CHRISTINE

has been featured in:

The Washington Post

ROMPER



I work with exhausted parents who've tried everything to get their child to sleep.

I'll show you how to do it, in a way that works with your parenting style, so your whole family sleeps through the night.

If you've been struggling with your child's sleep, you're not alone.

Ask parents what their #1 concern is and you'll probably hear "sleep".

When you're exhausted, you're reaching for the chips and unhealthy snacks, grabbing another cup of coffee, skipping your workouts and probably not doing that well at work. You get easily frustrated and you never seem to have any time for yourself.

A full night of sleep shouldn't feel like a luxury and wanting to get it is not selfish. Sleep is a necessity for good health and especially our sanity!

When you're a parent who's had a full night of sleep, you feel rested when you wake up and feel excited to get out of bed. You're able to focus on your day, whether it's at work or home with your little one. You're able to get things done around the house and have time for yourself in the evenings after baby has gone to bed for the night.

Doesn't that sound amazing?

This guide will help you to:

- Create a bedtime routine that works for you and avoid spending hours getting your child to sleep at night
- Know what to expect when you lay baby down in their crib at night
- Create your child's ideal sleep schedule

Just do these 6 things – every day – to go from unpredictable to enjoyable evenings!



Step 1

Is baby getting enough sleep?

We all know babies need a lot of sleep but for newborns up to 12 months of age, they need between 12-16 hours a day.

Every single day.

If you're not getting enough sleep, how do you feel? Probably tired, but also a little unorganized possibly? Do you get frustrated easily or have trouble learning new things? It can feel the same for your baby. Look for baby's sleepy cues, such as yawning, rubbing their eyes and turning away.

Imagine what you could do if you got to sleep all night -- one thing -- you wish you could do.

Action Step

You already have to log every time you feed and change baby's diaper, so keep track of their sleep too!

Bonus Points

Watch how a pattern emerges and adjust baby's day accordingly.



Implement a relaxing bedtime routine

Bedtime should be a loving, relaxing time for you and baby. It would be nice if we could simply tell our babies to go to sleep, but since they don't always understand what we say, we have to show baby to get ready for sleep through routine. A bedtime routine should be simple and last about 30 minutes.. Whatever your routine is, do it in the same order, at the same time every night so baby gets used to it. Baby will learn through repetition that it's time to go to sleep.

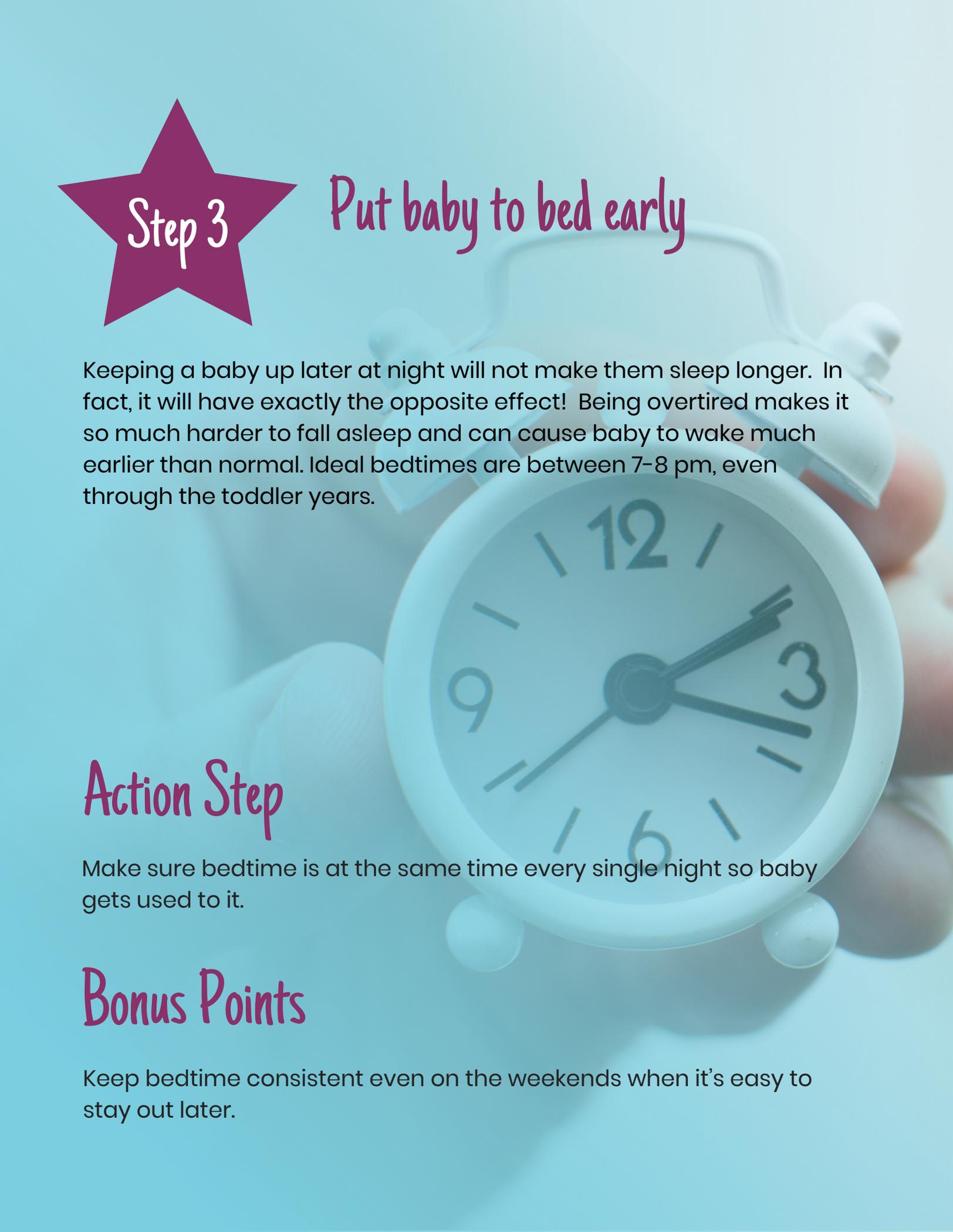
Action Step

A good bedtime routine starts with a bath or wipe down with a warm, wet washcloth. Then put baby into his/her pajamas, have a good final feeding, read a short story or sing a quiet song, then it's off to bed.

Bonus Points

Have your spouse/partner put baby to bed a few nights a week so baby isn't always with you for the bedtime routine. That way if you want to go out for a night, baby knows anyone can put them to bed, even a babysitter!





Step 3

Put baby to bed early

Keeping a baby up later at night will not make them sleep longer. In fact, it will have exactly the opposite effect! Being overtired makes it so much harder to fall asleep and can cause baby to wake much earlier than normal. Ideal bedtimes are between 7-8 pm, even through the toddler years.

Action Step

Make sure bedtime is at the same time every single night so baby gets used to it.

Bonus Points

Keep bedtime consistent even on the weekends when it's easy to stay out later.



Step 4

Give baby a chance to practice falling asleep independently

When you have to provide something to help baby sleep, it's called a prop. Props are anything that requires Mom, Dad or a caregiver to give to the baby to make them sleep...whether it's a pacifier, rocking, mobiles, music, or nursing/bottle feeding to sleep.

Action Step

Identify your baby's sleep prop(s) and give baby the chance to try and fall asleep without it. It's ok to comfort them and reassure them it's ok to fall asleep. It might take a few nights, but the more baby practices falling asleep independently, the better they will get at it.

Bonus Points

If baby has more than 1 way of falling asleep, get rid of all props in 1 night to avoid confusing baby.



Step 5

Make sure baby takes a nap

Most children will nap until they are 3-5 years old. Newborns will take 4-5 naps per day, 3 to 6 month olds will take 3 naps per day, 6-12 month olds will take 1-2 naps per day and after 13 months of age, most will take 1 nap per day.

Naps are the toughest part of any sleep change and can take a few weeks to become regular.

Action Step

Have a shortened pre-nap routine before you put baby down for a nap. A good routine might look like a diaper change, reading a short book, then into the crib for a nap.

Bonus Points

Space naps evenly through the day so baby isn't overtired at bedtime



Step 6

Keep night feedings low and quiet

If you're still feeding your baby at night, keep feedings quick and business-like. When baby wakes up for a feeding, ensure baby fills his tummy by keeping him awake.

Action Step

Keep baby awake during the feeding by tickling his toes or chin and keep the lights low. Once baby is full, it's back to bed.

Bonus Points

Avoid using your phone or turning on the tv while baby is eating so it's easier for you to go back to sleep when baby goes back to bed.



Looking for more?

If you're looking for straightforward advice to help your child sleep through the night, then we should talk.

I've coached parents from all over and from all walks of life, but they all have something in common: they were exhausted and needed to make a change. I'm proud to say that each and every one has moved past being tired and frustrated, to having confidence and well rested nights.

The best praise I ever received was, "Christine is a miracle worker! We went from 2 parents that took turns holding baby and sleeping on the couch to him sleeping in his own crib and us back in our bed getting sleep that was desperately needed".



Let's get started with a
free 15-minute call!

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This guide is just the beginning when it comes to the free content and downloads available at

sleepsolutionsbychristine.com

