Sleeping Leaflet 2

(Sleeping difficulties: a parent’s perspective)

As your baby gets older, it is natural for them to sleep more and wake less. However, it is common for babies to have periods of disrupted sleep, especially during the first few months of life.

Here are some tips to help your baby get a good night's sleep:

1. Establish a routine: Try to put your baby to bed at the same time each night. This can help them to develop a regular sleep pattern.

2. Create a calm and peaceful environment: Keep the room quiet and dark, and use a white noise machine to help your baby fall asleep.

3. Avoid stimulating activities before bedtime: Avoid activities that are stimulating, such as playing with your baby or watching television, as this can make it harder for them to fall asleep.

4. Use a soothing bedtime routine: A simple bedtime routine can help your baby to relax and feel ready for sleep. This might include reading a story or giving your baby a warm bath.

5. Be patient: It may take time for your baby to get into a regular sleep pattern, so be patient and consistent in your approach.

If you are concerned about your baby's sleeping habits, it is important to talk to your pediatrician. They can provide guidance and advice on how to help your baby get a good night's sleep.

(Solihull Approach Resource)