



7 MOST VALUABLE SLEEP TIPS

LEARN TO FALL ASLEEP WITHOUT PROPS

PROP: Items that become external strategies that a baby uses to fall asleep. It's not the props fault; it's simply the association between the prop and sleep.

Identify the prop your child may have and work towards separating that prop from their sleep routine.



CONSISTENCY IS KEY

Whatever is happening for one sleep situation needs to be happening for ALL sleep situations to send a clear message of what is expected.

To help baby's brain and body make the clear connection that the sleep environment is for sleeping, as much as possible, ensure baby is sleeping in the same place at night and during naps. Avoid toys and distracting mobiles in the crib, reinforce the crib is for sleep.



EARLY BEDTIMES

Early bedtimes help combat over-tiredness. Choose a bedtime between 6-8pm, based on the timing of the last nap of the day and your child's age.

Bedtime does not have to be set in stone. You can adjust it earlier if your child seems extra tired or cranky. Try not to move it much later than 30 minutes.

It is a myth that early bedtimes lead to early wake-ups.



BEDTIME ROUTINES

A bedtime routine helps your child wind down. It cues their body and mind that it's time to relax and get ready for sleep. These simple steps provide predictability.

A routine should be anywhere from 20-30 minutes. It should take place in the child's sleeping space to help them understand that bedtime is near and that their room is a comforting place to spend time in. Screens should not be part of the routine.



NAPTIME ROUTINES

A short routine helps cue the body and the brain that sleep is near. It's important to keep the room dark.

A brief nap time routine could include PJs, story/song, and baby goes into the crib awake (this does not include a feed).



VALUE DAYTIME SLEEP

Skipping naps and having late bedtimes WILL NOT help your baby sleep longer at night. Sleep begets sleep!

The better a baby sleeps during the day, the better they will sleep at night. Be consistent with the daytime sleep schedule, honouring naps to ensure an easier bedtime and restful night.



PUT YOUR CHILD DOWN AWAKE

This is important because it allows your child to be aware of their surroundings when they fall asleep. If they wake in the night, they know where they are and are comforted by that.

Allowing your child to fall asleep on their own, will help them learn the skills necessary to stay asleep through the night.

