

The Ten Misgivings You Should Untangle About Baby Sleep Consultancies

*Favoring **Baby Sleep Consultancies** can be a puzzle, particularly when you have no idea where to begin. Perhaps this piece of writing can be of benefit.*

Give your baby a dummy. Dummies may help protect against SIDS. If you're breastfeeding, wait until your baby is 3 to 4 weeks old or until she's used to breastfeeding before giving her a dummy. If your baby won't take a dummy, don't force it. As lovely as it is when your baby gently falls asleep on you, it isn't realistic, or safe, for your baby to need to be on you in order to sleep. Over the coming weeks and months, you're going to gently teach your baby he is loved. You can start right away by using the best cues that help him drift off to sleep and give him the confidence to slumber securely and fall back to sleep when he awakens. However, you'll do it in easy baby steps, so his faith in you grows and grows. Some babies sleep better with the washing machine or the vacuum cleaner running, so feel free to go about your regular routine during naptime or after bedtime. The regular noise is soothing and will help your baby sleep. Help your baby to gradually learn how to fall asleep independently without always needing a sleep 'prop' such as being fed or rocked to sleep. Two- to 3-month old babies can sleep for five- or six-hour stretches. That said, most 3-month-olds still need a feeding or two during the night, especially if they're nursing.



Getting as much sleep as you can is important particularly when you're a parent, so if your little one decides the day is starting at the crack of dawn or before, you are forgiven for not feeling best pleased. Young babies wake frequently at night and need to be fed and cared for somewhere. In most homes this will be in bed or on a sofa or armchair, simply because there is no other comfortable place. Parents can easily choose the more dangerous sofa over the less dangerous bed because they are trying to follow advice to never bed-share. If your newborn is fussy it's OK to

rock, cuddle, and sing as your baby settles down. Swaddling (wrapping the baby in a light blanket) can also help to soothe a crying baby. For the first months of your baby's life, "spoiling" is definitely not a problem. (In fact, newborns who are held or carried during the day tend to have less colic and fussiness.) In the modern world where everyone increasingly needs to work, a happy rested mum and dad will result in a happy baby, even if it was initially tough to make it happen. There's even early research to suggest that sleep training leads to less postnatal depression among mothers. If you need guidance on [sleep training](#) then let a sleep consultant support you in unlocking your child's potential, with their gentle, empathetic approach to sleep.

Sweet Sleep For Little Babies

Poor sleep habits are definitely the eight-hundred-pound stuffed gorilla in the bedroom of night-waking children. Soothing babies all night with bed-sharing, rocking, and breast milk snacks seems totally reasonable. After all, parents have used them for thousands of years and they definitely help babies fall asleep! It's not advisable to put anything into your baby's cot while they sleep under seven months. However, as they get older it's OK to try an activity centre attached to the side of the cot. Therefore, if they wake and it's still early they may be able to entertain themselves for a while longer. After 4 months, your baby is becoming very aware of their surroundings and this includes when you want them to go to sleep. To encourage the most healthiest, deepest and restorative sleep, most sleep should be now taken in their cot. Sleeping on a sofa or chair with a baby is very dangerous and should always be avoided. If parents fall asleep with their baby they are much safer in a bed than on a sofa or chair. Children doze off earlier than grown-ups. Babies fall asleep between 9 and 10 P.M., and from six months to six years of age, infants sack out between 8 and 9 P.M. (The earliest bedtimes belong to eighteen- to twenty-three-month-olds, who often get tucked in around 8 P.M.) If you're looking for a compassionate, effective and evidence-based approach to sleep or just advice on one thing like [ferber method](#) then a baby sleep specialist will be able to help you.

Coping with sleep deprivation as a new parent can be very challenging. It might seem like everyone else's babies sleep more than yours or you may worry that you are doing something wrong. Parents sometimes worry that if their baby is asleep on their back, it might be dangerous if they vomit. But babies sleeping on their backs have no difficulty turning their heads if they're sick. Blackout shades and a white-noise machine transform a nursery into a womb-like environment and muffle the noise and light from outside. Half of a baby's sleep is REM, or rapid eye movement. This is the light-sleep stage in which dreams occur, so it can seem as if almost anything will wake him. As baby grows and becomes more aware of their surroundings, it's easy for them to cross that line between cautiously curious and decidedly overstimulated. In the first months of life, an infant's social, emotional and intellectual skills are slowly maturing. With plenty of sleep training methods to choose from, you're sure to find one that's suitable for your child and fits in with your parenting style. Ask your health visitor for personalised advice if you need it. Having a baby is a steep learning curve and aspects such as [4 month sleep](#)

[regression](#) come along and shake things up just when you're not expecting them.

Establish A Specific Bedtime

You may feel you should try to help your baby to sleep through the night. However, encouraging babies to sleep for longer or more deeply than is usual for them can be harmful and increase the risk of sudden infant death syndrome (SIDS). Research suggests that babies who get a rub-down before bedtime produce more of the hormone melatonin, which helps them sleep. Infants and toddlers who learn how to fall asleep on their own at night sleep for a longer duration, according to survey of more than 1,000 parents published in the World Journal of Pediatrics. Researchers also found these children woke up fewer times at night than those who did not fall asleep on their own. It's normal for newborns to spend 14 to 17 hours¹ asleep in a 24-hour day, broken into shorter periods to accommodate feeding, diaper changes, and interaction with their family. During the first few months feed your little one every one to one and a half hours while he's awake during the day (if he's sleeping, let him go two hours). That should help you get a couple of back-to-back longer clumps of sleep (three to four hours) at night. A sleep consultant will take a holistic approach to create a sleeping system that you can manage and one which takes into account [gentle sleep training](#) as well as the needs of the baby and considerations of each family member.

As babies grow, they do start to put two chunks of 2-3 hours' sleep together, potentially giving you as much as six hours of undisturbed sleep! Babies can start showing signs of sleeping through from 6 months onwards but sleep issues can occur in toddlers and older children too. I used to believe that there was no such thing as a kid who sleeps too much. In fact I always wanted to be the parent of one of these kids. But I've come to learn that some kids who sleep more than expected often have some underlying medical issue that leaves them unusually tired. Please, ask for help if you need it, especially at night. It may seem obvious, but taking care of yourself is one of the best things you can do to help your little one get the right amount of quality sleep. If your emotional state is poor, screen yourself for post-natal depression, and make your psychological health a priority. Post-natal depression and stress are very common, yet many parents continue to suffer privately. Talk to your doctor about your options. In the first couple of months, babies may need a long nap in the morning and a couple of shorter ones in the afternoon. These naps will generally get shorter as your baby grows and by the time they are six months old many babies will be sleeping for up to 12 hours at a time at night time, however they may still be waking several times during that period for food or comfort. Whether it's something specific like [sleep regression](#) or really anything baby sleep related, a baby sleep consultant can guide you to find a sleep solution as individual as your baby is.

Drown Out Sound

Kids usually don't just outgrow their sleep struggles. These troubles typically persist until you do something to bring them under control. So if you've been waiting patiently and your child's sleep still isn't shaping up then it's time to make a new plan. If you are stressed about your baby not sleeping, many experienced mothers would say ignore the mind-boggling sleep charts and programs, and just do what feels right for you and your baby—whether that involves a bout of controlled crying or bringing your baby into bed. As long as you are satisfied that she is safe, dry, full, and healthy, you are not going to introduce any long-term negative effects through your choice of sleeping method. Some families incorporate things, like lowering curtains, singing the same song, or playing white noise into their bedtime routines. It can be something obvious that helps trigger in your little one that it is sleep time. Find what works for you and your family. One can uncover extra information appertaining to Baby Sleep Consultancies on this [NHS](#) entry.

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