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PRACTICE

## The Sleep Challenge

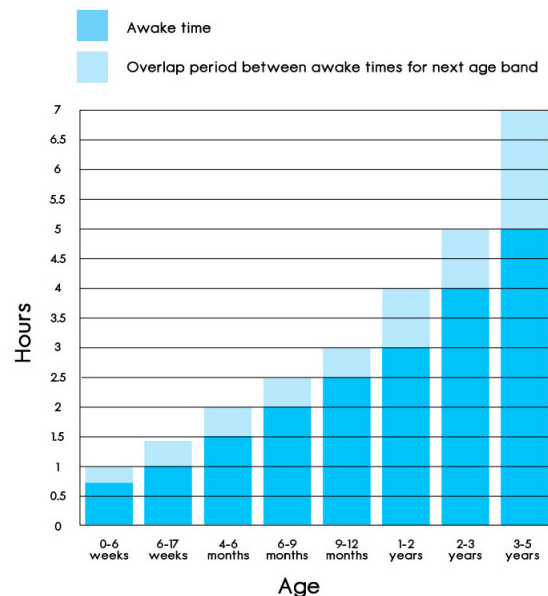
CHEAT SHEET

Getting your little one to sleep is not always easy. But here's some good news: a few simple shifts can make all the difference. One of the quickest fixes is to simply get your baby's routine right for his/her age. - **Meg Faure**



### AWAKE TIME

Use this handy table to find out how long your baby's awake time should last, which is determined by how old she is. The table also shows the overlap period between the end of the preceding age band and the start of the next one.



## TIP #1

Settle your baby to sleep at the end of an age appropriate 'awake time'.

- Refer to the graph for your baby's age appropriate awake time.
- Watch what time your baby wakes from a sleep.
- Take him/her to a quiet bedroom 10 minutes before the end of the awake time.
- Settle him/her to sleep.

## TIP #2

Help your child to have longer day sleeps using white noise and ensuring nutrition is taken care of.

**From 6 months old, your baby's day sleeps will include a longer sleep over midday. Sleep begets sleep, so this will help to improve night sleep. To help your baby sleep longer for the midday sleep:**

1. Offer lunch before this sleep, plus a small milk feed.
2. Then settle to sleep in a dark room with white noise playing.

## TIP #3

Set a time for bedtime and make it the same every night – this primes your baby to fall asleep without a challenge.

- All babies and toddlers should be asleep by 7:30pm latest. When babies stay up later, they are generally busier and may be overstimulated.
- This leads them to be very tricky to get to sleep.
- If your baby/toddler is fussing at bedtime or running after you when you leave the bedroom, there is a good chance he/she is overstimulated.

## TIP #4

Create a calming bath time routine before you put your little one to bed.

- Warm soothing bath.
- Warm up his/her towel.
- Do not leave the bedroom after bath time
- Do a baby massage with natural vegetable oil.
- Give a milk feed or tea before bed.
- Settle your baby/toddler to bed by the set bedtime.

## TIP #5

Shift your day sleep routine if your baby/toddler is at a cusp age: 9 months, 12 months or 2 and a half years.

**If your baby is fighting going to sleep, it may mean that he/she is ready to drop a day sleep. This typically happens as follows:**

1. Around 9 months – from 3 sleeps to 2
2. 12–14 months from 2 sleeps to 1
3. 2.5 to 4 years – drop the day sleep altogether