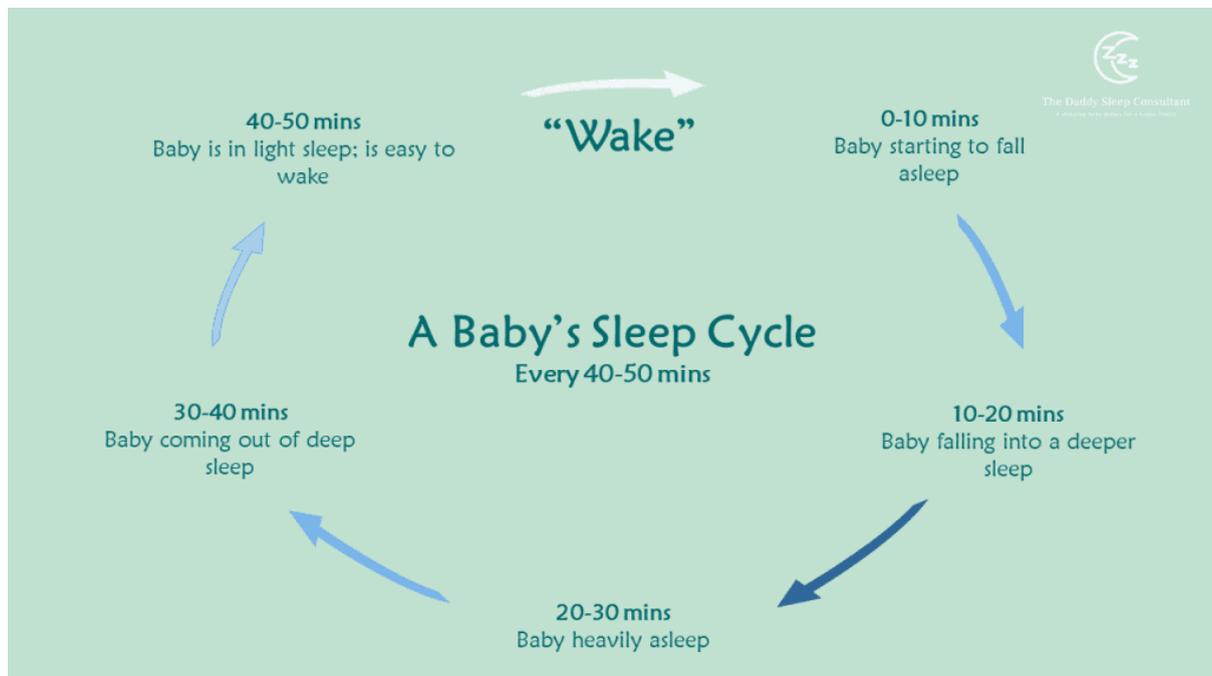


Here are lots of tantalising tips around the topic of **Baby Sleep Specialists**.

If you do use a sleeping bag it is important that it fits well around the shoulders so that your baby's head cannot slip down into the bag. Make sure your baby is at the minimum height and weight for each sized bag as some babies are smaller than others. Do not use any other coverings, such as a blanket. Babies and toddlers can go through several phases of sleep regression and common times include 4 month sleep regression and 8-10 month sleep regression, so this could be the reason your baby is waking at night. Brace yourself too as they can have another sleep regression at two years old. Go into sleep work with an open mind and don't beat yourself up if things don't always go smoothly. For the most part, good habits lead to good sleep, but parents quickly learn to expect the unexpected! The more flexible, open and accepting of this you are, the better. After all, your child will feel your relaxed energy and will match it. And above all, you're doing your best. Babies spend more time in light sleep than adults and your baby will quickly notice when you've moved him from the warmth of your arms to his cot. He needs to fall asleep in his cot so he wakes up in the same place and won't be alarmed. Try the gradual retreat method: you start off by staying close to his cot while he goes to sleep, and then each night you gradually move a little further away until finally you're outside the door. You're not alone in wondering how that sleepy baby disappeared. A lot of new parents are surprised when their newborn trades in quiet time for tons of crying—usually some time around the third day of life. Just as daytime parenting is a long-term investment, so is nighttime parenting. Teach your baby a restful attitude about sleep when they are young. By doing this, both you and your children will sleep better when they are older.



Sensitive babies often wake because they're bothered by outside disturbances (lights, sounds, etc.) or internal discomforts (teething, hunger, etc.). And they can be very picky about the white noise you choose to help them sleep, ignoring it if it's too mellow (like ocean waves) or getting upset by noise that's too sharp and hissy (like fans and air filters). Teething is a condition when the baby develops its first set of milk teeth. In this phase, the infant might experience some pain, mild bouts of fever, diarrhea and increased sleep regression. A particularly painful teething process can mess up the sleep schedule. You might need to book an appointment with a pediatrician. When overtired, a newborn will cry for no apparent reason and arch their back and maybe pull up their legs in pain and even sneeze or hiccup. An older child will play up, refuse food, grizzle cry or even scream! As unlikely as it sounds, even babies newly home from the hospital can be taught to sleep better. In fact, shaping your baby's sleep is usually pretty easy to do with the right sleep cues. If you're looking for a compassionate, effective and evidence-based approach to sleep or just advice on one thing like [Sleep Regression](#) then a baby sleep specialist will be able to help you.

The Golden Moment

A baby's first year of life is filled with a great number of milestones. Sleeping through the night on a regular basis may be one that parents look forward to the most. The key to a successful bedtime routine is to help baby learn to fall asleep on her own at bedtime after a consistent bedtime routine. If she can fall asleep on her own at bedtime, she will probably be able to do it in the middle of the night as well. Children have natural circadian rhythms—an internal clock of sorts that tells bodies when to wake and when to sleep. What babies' bodies tell them is that they want to go to sleep early and wake early. As a result, later bedtimes usually end up in a loss of sleep as children will just get up at the same time anyway—leaving you with a cranky baby (and likely a cranky parent, too). Many sleep experts warn that moms who lull their babies to sleep in their arms or while suckling are setting themselves up for misery. They caution that these babies won't learn to self-soothe and will scream for Mama's help every time they pop awake. If your baby likes you rocking them to sleep or you stroking them as they drift off, night waking could simply be that they naturally wake in the night but are unable to resettle themselves as they are used to you doing that for them. The gentle approach and caring manner of a baby sleep expert allows them to assist you in the most preferable way to deal with [Sleep Training](#) and to assist you and your family in any way possible.

Consistency is key, and the safest place for your baby to sleep is on her back in a cot. But many babies under 6 months don't nap best there, so don't beat yourself up if she falls asleep on your chest or in a carrier or a car seat (as long as you are alert and watching her), or if you wind up pushing a stroller around the block for 40 minutes so she'll get some shut-eye. If you have a really sucky baby, consider using a dummy for bedtime and during the night settling. Once babies are over about 5 months they can learn to put a dummy back in for themselves, which means you don't need to feed them back to sleep. Get to know and watch out for your baby's sleep cues (like rubbing her eyes, fussiness, yawning, looking away), so you can get her to bed before she's overtired — which makes it harder for her to

fall and stay asleep. For an overtired older child, remove all stimulants including TVs and other screens. Encourage some quiet time and offer comfort like a bedtime story and a cuddle. Keep your voice calm and soothing, no matter how grizzly or woeful they become. Your baby might be battling bedtime because she doesn't love her crib (rocking in your embrace is so much nicer), or isn't comfortable being placed safely on her back. If that's the case, try putting her down drowsy but awake in a snug swaddle with a pacifier, which can help her feel safer. Sleep consultants support hundreds of families every year, assisting with things such as [How To Become A Sleep Consultant](#) using gentle, tailored methods.

Common Sleep Problems And Solutions

Babies need a lot of sleep during the first few months and parents who often inundated with well-meaning advice about how much shut-eye your baby should be getting and what is the safest way to place them down for their sleep. Sudden Infant Death Syndrome (SIDS), the sudden and unexplained death of a baby, are thankfully rare, but there are steps parents can take to help reduce the risks. The risk of SIDS is higher in babies who overheat, so it's really important to make sure your little one's sleeping environment isn't too hot (or cold!). The Lullaby Trust recommends a temperature of 16-20 degrees. Sleep regression isn't really an official term, but you may have heard it from other parents. In fact, because your little one's sleep patterns are changing constantly as he or she grows and develops, it might be helpful to think of these changes as sleep progression rather than treating them as any kind of setback. It's important to put your baby to bed when he's drowsy, rather than already asleep. This means he'll learn to send himself to sleep as he gets older, rather than relying on you to help him fall asleep. If family and friends can offer help make the most of it. Loved ones like to feel useful. If you have help don't struggle on your own – this is good for you and for your baby. For [Sleep Consultant Training Course](#) guidance it may be useful to enlist the services of a sleep consultant.

Shush or rock your infant back to sleep instead of nursing him. (But again, be sure to gently jostle him awake when you put him down.) Feed and wind your baby to make sure that they are full and comfortable. Wind pain is often worse when lying down. Other caregivers find that a busy day full of noise and activity makes it hard for their baby to switch to resting mode. Sleep is a developmental process, and our sleep needs change throughout our lifetimes. Babies' sleep patterns mature over the first several years of life, and the sleep architecture of newborns is very different to that of adults. Going to bed early is easier said than done, especially when you have a newborn and you still have washing, ironing and other household jobs to do. Everyone says 'nap when your baby naps' but for some people, this just doesn't happen. Whether its something specific like [4 Month 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.

Encouraging Good Sleep Habits

Don't be surprised if your baby can only stay awake for an hour or two. Over time, her body gets into a sleep pattern. She starts sleeping for longer stretches, even during the night. If you're worried about your baby's sleep, talk to her health care provider. When overtiredness does occur, the most important thing you need to do is to calm your baby. Hold, swaddle and feed your baby if it is feed time, sing a lullaby or read a book in a dim lit room. Be prepared for when your baby does go to sleep that they may wake again soon after and need further comfort s the stress hormones created by their overtiredness may still be running high. Many tragic deaths have been reported associated with bed-sharing. For that reason, scientists have dedicated a great deal of time and effort over the past twenty years to evaluating if—and how—babies can safely bed-share. And some concerning results are emerging. If a child is accustomed to falling asleep with a pacifier and is not able to reinsert it when they wake up, they will call for help. If you don't help, you are setting them up for failure, because they will continue to wake and cry, since they need that assistance to fall asleep. If you do help, they are still relying on you to fall asleep, which means that you are not actually sleep training them. Figuring out the cause of that disrupted sleep—so you can then address it—is the key to you both getting some much needed shuteye. If you need guidance on [Ferber Method](#) then let a sleep consultant support you in unlocking your child's potential, with their gentle, empathetic approach to sleep.

The wind down for a toddler isn't that different than for a young baby. Still cut out noise/TV/other distractions, followed by a bath, story and a cuddle. And everyone - toddler included - will feel the benefit in the morning. Be prepared for one style of nighttime parenting to work at one stage of an infant's life, yet need a change as she enters another stage. Be open to trying different nighttime approaches. Follow your heart rather than some stranger's sleep-training advice, and you and your baby will eventually work out the right nighttime parenting style for your family. Choosing to co-sleep with a baby is a very personal choice and some parents will choose to do so. This means that their baby shares the same bed with an adult for most of the night and not just to be comforted or fed. You can discover more facts regarding Baby Sleep Specialists on this [NHS](#) link.

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