



Mummy's Whispers - Top Ten Tips for Happy, Healthy & Supportive Sleep in Babies & Toddlers

- 1.) **Make sure baby or toddler is sufficiently fed** (and full). It may seem obvious but more often than not they could be waking early as still hungry from the last feed.
- 2.) **Make sure baby is burped** (or toddler has had adequate time to digest). This rules out them falling asleep whilst feeding and then waking an hour later with wind.
- 3.) **Clean and dry nappy/underwear, clothes and sleep wear.** Many children wake up if nappy has leaked or is soiled, so always have spare clothes at sleep time ready to change them quickly if needed. It is unlikely they will go down to sleep wet and if they do their sleep is likely to be disturbed.
- 4.) **Practice good sleep hygiene.** Use natural fibres for sleepwear and for bedding. Ideally as little as possible in the cot or bed. A good quality mattress is essential. For Winter or cooler nights use Merino sleepsuits or blankets. No polar fleece. It is important nothing is highly flammable and that the fabrics are breathable. Babies do not need pillows until in a bed.
- 5.) **Room temperature should be set between 18 – 22 Degrees Celsius.** It is very easy for babies and small children to overheat but also lose heat quickly. Having the room at this temperature will mean we rule out them waking from being too hot or cold.
- 6.) **Adequate awake and active time.** Age dependent but always making sure your baby is having adequate awake time/tummy time etc. Where they are using physical energy and getting tired. Toddlers are the same. They are active at the best of times, so monitor their exercise to make sure they are getting enough in the day to have a good sleep.
- 7.) **Try and stay calm when settling your child.** Our ethos is a happy parent equals a happy child. As parents and caregivers it is easy to feel on edge with sleep deprivation and sometimes crying of the child. Babies and children are highly susceptible to our feelings and presence. A calmer demeanour will rub off on them almost instantaneously. Take 3 big deep breaths for yourself if you can feel your body getting tight. If you are really suffering with the sound of the cry putting you on continual full alert, pop in one ear plug and it instantly halves the sound making it more manageable for yourself, whilst still being able to hear them.
- 8.) **Keep the bed time routine consistent.** Consistency is always the key. Doing each bed time ritual in the same order for night and day.
- 9.) **Follow a good routine – ish.** Babies and children crave routine like adults do. It means there is no anxiety about what is happening next as they know what they normally do and when they do it.
- 10.) **Create settling techniques that work for your child but also you and your family.** Something that is consistent and easy for everyone to do and even for a grandparent etc. If they step in.

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**Disclaimer: Please note the above is helpful advice from Carolines training, experience and personal findings. This is not a substitute for professional medical advice, diagnosis or treatment. Always seek advice of your physician if worried or regarding medical conditions.

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