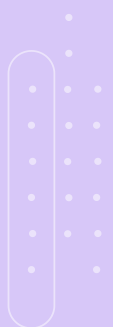


NAPTIME SURVIVAL GUIDE



zzzzz





UNCOVER MY SLEEP SECRETS



Uncover the secrets to good day naps for your baby, and increase your wellbeing in the process without taking up hours of your time.

I understand you're busy. Your day is packed with all the demands being a mum brings. You may be a first-time mum or a seasoned mum of two or three. And that means your brain space is limited!

That's why I've laid out a few small tweaks that will help your baby sleep better - so you can feel healthier, do better, and live better.

I hope you like them!



Baby Sleep



Sleep Success

Day Naps



Goes down fully awake for all naps



Gaining weight on centile chart



Floor activity before each nap



Feed-play-sleep



Plenty of tired signs



Not just one yawn



Averts their gaze



Start solids at 4-6 months



Rolling at 4 months



HIERARCHY OF SOOTHING

Self Soothing

Voice to Soothe

Voice & Being Near to Soothe

Touch & Voice & Being Near to Soothe

Rocking & Patting to Sleep

Holding to Sleep

Holding & Feeding to Sleep & Dummy/Pacifier



STEP 1

Making a few sleep tweaks can make a huge difference from just getting by on a few hours of broken sleep a night and getting a long block of 4-5 hours twice a night.

1. Teaching your baby to self-settle using kind methods where you stay in the room to help your baby co-regulate - baby's who can't self-settle will catnap.
2. Lots of floor time, 4-6 x a day and teach rolling over at 4 months - <https://youtu.be/4tHvtRJYhw4>
3. Once a baby can roll they can safely tummy sleep. Babies who tummy sleep, will sleep deeper and longer.
4. Once your baby is on solid food, give them a diet high in tryptophan with a balance of carbs to increase the amount of melatonin e.g., chia, turkey, chicken, porridge oats etc.
5. Increase the good fats in your baby's diet, babies need 50% good fats for brain growth, make the body alkali and anti-inflammatory, so important if your baby has eczema, cows milk protein allergy or food allergies or if there is a significant family history of atopic diseases such as asthma or eczema.
6. Avoid feeding to sleep or using a dummy, these create big sleep associations that lead to catnaps

Sleep Tweaks



STEP 2

Menu Plan for 6-12 month baby to Promote Sleep



BREAKFAST

- French toast with banana and berries and ricotta
- Porridge oats made with full cream milk, add 2-4 teaspoons coconut oil, peanut butter and banana
- Scrambled eggs made with cream and egg, panfried in butter and served with 1 slice wholemeal toast cut into soldiers, spread with butter and avocado
- Toast (Rye or Wholemeal) spread with butter and cut into soldiers, spread with ricotta and add finely chopped strawberries or cucumber or olives
- Whipped avocado & feta on toast spread with butter
- Ricotta hotcakes serve with melted butter and maple syrup and chopped banana and strawberries
- Cheese Jaffle (toasty) or Quesadilla, add baby spinach and finely chopped mushrooms
- Pancakes with banana and oats and melted butter and maple syrup

Step 3

This little gem is going to revolutionise your life as a parent and save you from sleep-deprived hell and it will become your best friend. Attending to a baby the minute they make a noise or a movement can reset sleep cycles/circadian rhythms. And this happens a lot more than you'd think. You worry about waking your partner, or child or next-door neighbours. Or maybe you think I can just do a quick feed and grab more sleep myself?

Many parents, mums in particular respond to noises and reflexes such as lip-smacking thinking the baby is hungry. And this is exactly how sleep and feeding patterns get out of whack.

The main problem with the pause is...how long is a pause? One person's pause is another's over-servicing and another's abandonment. Parents need something a bit more specific because this is when things go wrong.

Without a plan, demand feeding can end up being a ridiculous 20 feeds at night. The babies I help have strong temperaments and mainly addictive personalities. Experiencing some extra service, the baby decides they would like more of this thank you very much. Until there is no semblance of balance, long nutritive feeds or anything remotely like a healthy sleep pattern. Adding a very tired mum and parent into the mix they offer a feed to maximize what little sleep they are already getting.

3-minutes is just enough time to know if a baby will re-settle or a feed or something else is needed. It's not long enough to cause stress. Once they cry, stop, have a listen and I mean really listen. Do they need help or are they putting themselves into their sleep cycle? Is the cry loud, soft, constant, intermittent with pauses or escalating or are they just talking to themselves? How we listen, what we hear and how we interpret it is so important. And you will get it wrong initially.

When I heard the 3-Minute Magic was evidence-based I got very, very excited! Now I had actual evidence and not just my own qualitative findings. In the Burnham et al study [2002] the parents waited 3 minutes before responding to them.

3 minutes is just long enough to prevent learned helplessness or stress but allow the baby to re-settle if they are able. If there are pauses, gaps and silences in between the crying then it is OK not to jump in and respond but instead to pause and wait and see. A typical pause can be anything from 5-20 seconds and a really good pause is 10-20 seconds. Once you are hearing pauses it is a good sign that your baby, may put herself to sleep. It also says that your baby is not stressed and they are able to calm themselves. Many parents have said, 'But surely Karen, that is a pause of breath. And I have replied, 'No, believe me, a baby who needs help doesn't pause for breath.

After 3 minutes you either go in and feed or if you're sleep training you resettle till they're back asleep.

If you have a baby over 4 months and there are lots of long pauses reset the timer. For a baby 3 months and under I would still recommend using the 3-minute magic TM taking into account how loud and stressed the cry is.

As a parent, you need to make your own judgement when to help your baby. A stressed cry will sound throaty and there may be a retching sound. That is a baby that needs help to calm down and manage her emotions.

A baby cannot learn to do this without our help and support. That's why closing the door and walking away from a crying baby for a long time only gets worse. Some babies will literally cry for hours if they are not responded to. And sleep training and supporting your baby is about being present and holding space but not doing it for them.

The 3-minute magic rule teaches your baby to wait, have patience and is an important component of emotional self-regulation.



'Why won't my baby sleep?' is one of the most Google searches by new parents. Adding 'how do I stop my baby from crying?' and 'why do babies cry?' You have three of the top 10 questions parents ask Google every day.

Your baby is crying all day and all night. You're running out of ideas and don't know what to do. You feel desperate and alone. You're scared you might turn into one of those depressed mums or dads. I can help you. I help parents just like you every day. Do you want what all of my parents get, peace and a sleeping baby? Maybe date night on the couch watching Netflix?

All you have to do is contact us via email at erin@nurtureparenting.com.au or call us on 0413 054578 and I can help you.

I've been a registered midwife for over 30 years and I've been giving parents the gift of sleep for over 20 years. With a degree in Psychology and a passion for getting results, I read babies and children just like you read a book. There is no sleep problem too hard. Have a lot of hope this can get much better.

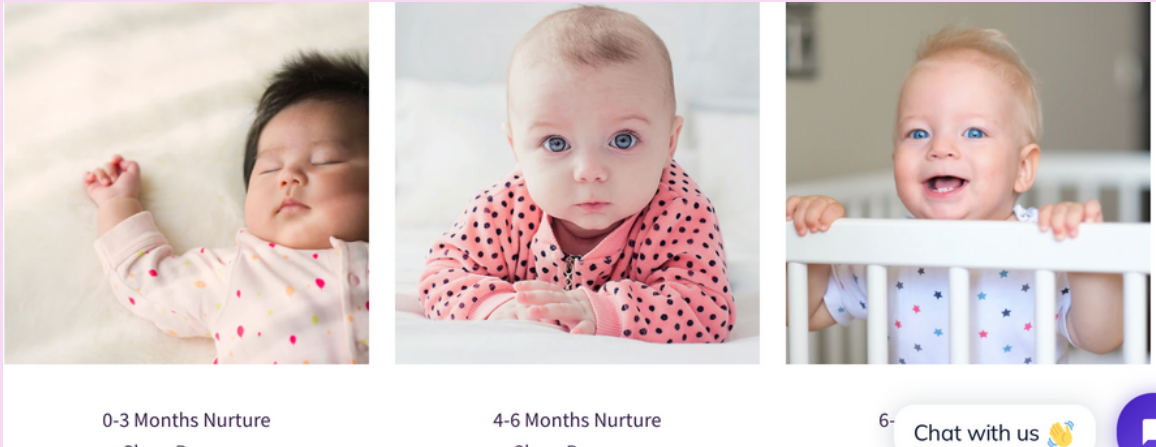
Much love, Karen X




Why Nurture Parenting?

- 20 + years sleep consultant
- 33 years Registered Midwife
- Kind Sleep Methods
- Psychology Degree
- Conscious Parenting
- Holistic Practitioner
- Reiki Master
- Baby Massage
- Evidence Based
- Published Author
- Baby Yoga
- Counselling PND

Do you need my help?



Online Nurture Sleep Program 0-5 years



1-3 Years Nurture Sleep Program
View Product
1-3 Years Nurture Sleep Program
\$47.00
3-5 Years Nurture Sleep Program
\$47.00
Nurture & Conscious Connection Toddler and Child Behaviour Program
\$67.00



E-Books



Help My Infant Has Separation Anxiety & I Don't Know What To Do



Nurture & Nourish Baby Nutrition Recipe eBook

\$14.99



The Strong-Willed Child eBook

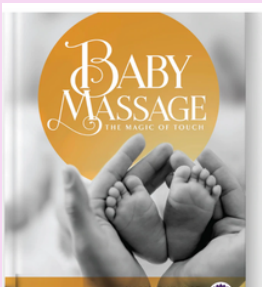
\$14.99



Nurture & Nourish Toddler & Child Nutrition eBook

\$14.99

eBooks



Baby Massage, the magic of touch ~ eBook & embedded instructional video



Help I'm a New Mum ~ Newborn eBook

\$9.99



Baby Sleep Rescue & The 3 Minute Rule eBook

\$14.99



Help I'm a Toddler & I'm getting ready for Potty Training eBook

\$7.99

Or Help In Person?

3 Hour Home Visit



Sleep Success



Sleep Success

\$825.00



Overnight Home Visit Baby & Toddler Sleep Rescue



Baby & Toddler
Sleep Rescue

And some of the many places we have
been published..

FEATURED IN



practical
PARENTING.

Essential
kids

|HUFFPOST|

2GB
873AM

Small Steps
Parenting Magazine




2UE954
SYDNEY

Or a one hour deep dive online or zoom consultation?

HOME / ZOOM OR PHONE CALL CONSULTATION /
DEEP DIVE & PROBLEM SOLVE, ONE HOUR ONLINE OR PHONE CONSULTATION

One Hour Zoom & Online or Phone Consultation




Deep Dive & Problem Solve,
One Hour Online or Phone
Consultation

\$325.00

QUANTITY: 1

Add to cart

Buy with 

More payment options

Benefits

Book a one-hour online consultation (Zoom or Facetime) to talk directly with Karen about your baby or child's individual sleep or behaviour challenges.

[Chat with us](#)



Welcome to Good
Day Naps