

SLEEPTIME SURVIVAL GUIDE




NURTURE
PARENTING



UNCOVER MY SLEEP SECRETS



Uncover the secrets to a good night's sleep for you and your baby, to boost your energy and increase your wellbeing without taking up hours of your time.

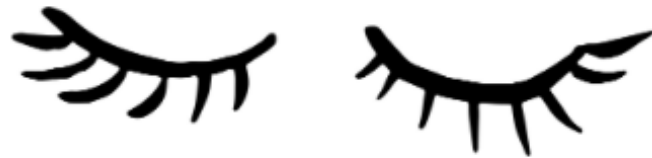
I understand you're busy. Your day is packed with all the demands being a mum brings. You may be a first-time mum or a seasoned mum of two or three. And that means your brain space is limited!

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

I hope you like them!



Baby Sleep



Recipe for Sleep Success

1.

Bedtime Routine

2.

Correct sleepwear layers

3.

Fully Awake at Bedtime

4.

Puts themself to sleep

5.

Nutritional Balance

6.

White Noise

7.

3-Minute Magic Rule

8.

Dark Room

9.

Nightfeeds

10.

Resettling



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 can't get past 5 am and will wake often at night
2. Dressing your baby in layers of merino wool sleepwear. Body temp drops at 3-4 am and babies lose their body heat 4 x as fast as an adult. Merino wool is like central heating for the body whereas cotton just lets heat go.
3. 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.
4. 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 disease such as asthma or eczema.
5. Avoid feeding to sleep or using a dummy, these create big sleep associations that lead to frequent night waking.

Sleep Tweaks



STEP 2

Menu Plan for 6-12 month baby to Promote Sleep

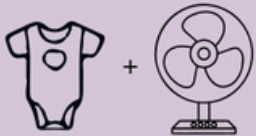






BREAKFAST

- 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



NURTURE PARENTING *Sleepwear Guide*

22° - 30° C (72° - 86° F)		Cotton Single + use an electric fan to cool baby
20° - 22° C (68° - 72° F)		0.5 - 1.0 TOG Summer Bag
18° - 20° C (64° - 68° F)		1.5 - 2.5 TOG 3 Season Bag
16° - 18° C (60° - 64° F)		3.5 TOG or Merino Wool Winter Bag
16° C (60° F) and Below		3.5 TOG or Merino Wool Winter Bag and Merino Wool Layers

See guide on next page

What is the Impact on My Child?

The problem of a child's broken sleep is enormous, creating developmental, emotional and attention issues. It will leave you feeling exhausted for the parent instead of the attentive and present parent you want to be.

Why Won't My Child Keep Their Blanket On?

Once asleep, a child does not instinctively know to pull up a blanket that has fallen away from their body. They cannot problem solve in this way to independently keep themselves warm. This can be a problem until 3-5 years old.

Can I Keep My Child Warm With a Heater?

In my experience, I see many parents cranking up the heating to keep their children warm. This doesn't help. Heaters dry up the air in the room, drying up nasal secretions, and noses get blocked and snuffy. The key is to use layers of quality warm, natural fibre, sleepwear, and merino wool, especially in winter.

Cotton and Bamboo Sleepwear

Cotton and bamboo are fantastic fibres for summer and warm seasons but not cool autumn and winter nights. The problem with cotton is that it makes your baby or toddler sweat if they are too warm. This sweat cools them down and reduces their body temperature, and once it gets to 3-4 am, they will wake as it has reduced their body temperature.

Keeping Their Core Warm

Many sleepwear products have padding in the wrong areas to maintain body temperature. The core is the most critical area to keep warm as this area has all the essential body organs - lungs, heart, liver and kidneys. A body warming vest on their top half will stop this from happening, or a sleepsuit with padded sleeves. If their arms feel cool or cold, they need another layer of clothing, remembering it is the quality rather than the number of layers that is the key. In winter, using cotton or bamboo is like kindling wood on a fire rather than an excellent heavy log.

What is Wrong with Dressing my Child in Synthetic Fibres?

Synthetic fibres such as polyester and acrylic are not breathable. They trap hot air in and put your child at risk of overheating. Wearing synthetic fibres can leave your child feeling sweaty and clammy, which is not conducive to good sleep.

What is the Best Way to Keep my Child Warm and Comfortable?

It is essential to keep their core warm, particularly their chest and arms, using layers of good quality bedclothes made of natural fibres such as Merino wool. Merino wool has excellent breathability and will help with temperature regulation. It will absorb and release moisture, so your child stays comfortable throughout the night. It also helps with sensitive skin and eczema-prone skin.

What Sleepwear Do I Recommend?

I recommend investing in Hello Night Kids Merino sleepwear to solve cold night-time wake-ups. The beautiful Merino wool will allow your child's body to breathe and maintain a constant temperature conducive to sleep.

<http://www.hellonightkids.com.au>

And lucky Nurture Parenting parents have access to a special 10% discount on purchases over \$100 from hellonightkids.com.au with voucher code K1SLEEP.

As a loving parent, this will help you create a warm, safe and comfortable sleeping environment for your child to sleep through the night.

You may still struggle with sleep after addressing the baby's body temperature with the right sleepwear.



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.

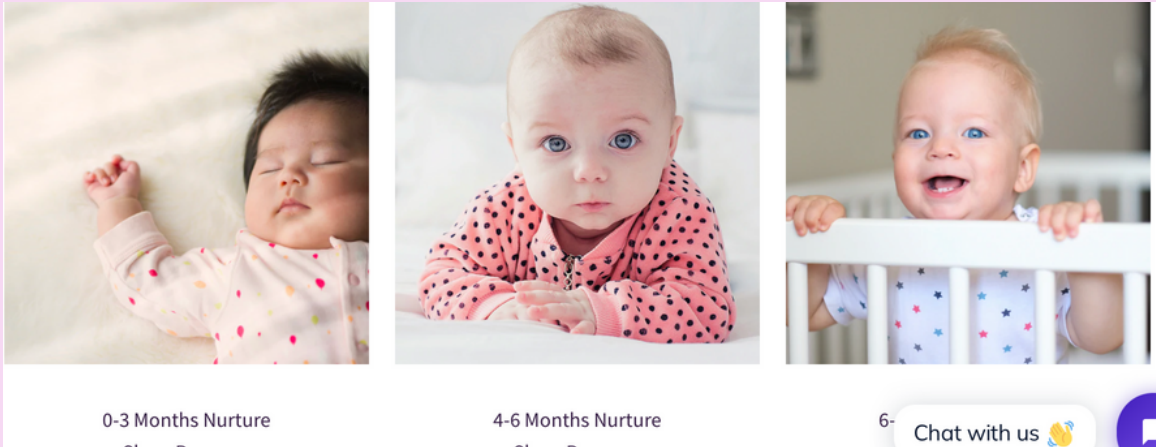
Much love, Karen X




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?



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3-5 Years Nurture Sleep Program
3-5 Years Nurture Sleep Program
\$47.00

Nurture & Conscious Connection Toddler and Child Behaviour Program
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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

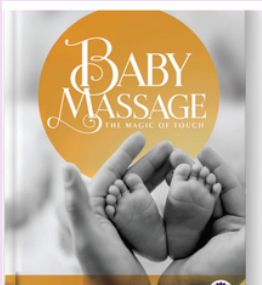
\$14.99



Nurture & Nourish Toddler & Child Nutrition eBook

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eBooks



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Help I'm a New Mum ~ Newborn eBook

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Baby Sleep Rescue & The 3 Minute Rule eBook

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Sleep Success



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Baby & Toddler
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QUANTITY: 1


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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 a Good
Nights Sleep