

Falling asleep with no tears



When baby is not sleeping, nobody is sleeping!

You will find a zillion articles and books on baby sleeping topics and some of them are contradicting others. Here we've made a summary of simple tips to help you to train your newborn baby to sleep well and to fall asleep on his own without tears involved.



CREATE A DAILY ROUTINE

FOR FEED, PLAY, SLEEP

Newborn baby literacy has to learn EVERYTHING to survive. As well as what is night and what is day. And for a little creature it is a lot to take in.

You can use a weekly step-by-step approach of Rachel Norman, mom of 5 babies from ["A mother Far From Home" blog](#), to create a daily routine for your baby from week 1 without making it a huge stress for you and the baby.



CONSISTENT

FALLING ASLEEP ROUTINE

Babies thrive on consistency. Doing the same bedtime routine each night before your baby falls asleep helps him associate the routine with sleeping. Each night it gets easier for your baby to settle and fall asleep because of the repetition of this routine.

Here are 15 ideas of elements you can include into your bed time routine:

1. Give a bath
2. Read books
3. Listen to soothing music
4. Give a bottle or breastfeed
5. Say prayers
6. Give a baby massage
7. Have "a conversation"

8. Spend time cuddling or rocking
9. Sing lullabies
10. Turn on sound machine
11. Change into night diaper and put on pajamas
12. Put on sleep sack or swaddle
13. Say goodnight to favorite toys or items in the room
14. Wipe gums or brush teeth
15. Special goodnight words /cues

Choose 4-6 elements from the list to create a bed time routine for your baby. More details about creating baby bed time routine you can find [here](#).



COMFORTABLE ENVIRONMENT

TO HELP YOUR BABY TO FALL ASLEEP

1. Refresh room's air and make sure that room temperature is not too low or too high (optimal temperature is between 16 °C and 20° C)
2. Dress the baby properly ([check this infographic](#))
3. Use soft night light
4. Minimize the noises



FOCUS ON ONE STEP AT A TIME

TO GIVE YOUR BABY TIME NEEDED TO ADAPT TO EVERY CHANGE

The slower you go with sleep training, the less likely your baby will cry. Gentle sleep training methods involve focusing on only one change at a time. First,

create a peaceful bedtime routine, then adjust baby's bedtime if it is needed. Once those two steps are going well, you can start teach your baby to fall asleep on his own. Obviously, this approach takes longer because every step is done separately. More about the gentle sleep training approach you can [read in this article](#) of Mommy on Purpose Blog.

In conclusion we want to underline this: all babies are different so there's no "one solution that works for all". Trust your instinct and "listen" to how baby responds to the changes. We hope that this little guide and resources we've mentioned will help you to teach your baby to sleep well.