

Top five Kip Tips



KIPPINS®

for healthy sleep habits



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This simple guide from our friends at the Baby Sleep Guide App has everything you need to develop healthy sleep habits. Get reading and start the journey beyond the yawns to Kippi, where the Kippins live!



KIP TIP #1

Keep it Consistent

Your child's sleeping place could be their cot or bed in their room or a bassinet in your room. Regardless of where they sleep, the key is to keep it consistent.

If your child always sleeps in the same place, it will become a positive sleep cue for them and they will begin to associate that location with sleep. Falling asleep will become easier and require less assistance from you.

By keeping their sleeping place consistent, you can also control the conditions in their sleep environment, like temperature, darkness and safety.

It will also be easier for your child to go back to sleep if they wake up in their consistent sleeping place. When a child wakes briefly between sleep cycles (as we all do), they do a quick check to make sure everything is as it was when they fell asleep.

If things have changed, like where they are sleeping, they will likely wake up fully and call for you. If they are in their consistent sleeping place, they will likely roll over and go back to sleep peacefully.

“Regardless of where they sleep, keep it consistent”

KIP TIP #2

Create an Environment Conducive to Sleep

TEMPERATURE

Children sleep best when they are dressed warmly and the room is on the cooler side – around 18 to 22 degrees celsius. Remember to keep the sleeping place safe by removing all loose bedding. Sleeping bags or swaddles/ wraps are great to keep baby warm and they won't get caught up in them or wriggle out.

SOUND

Consider a white noise machine! Use continuous white noise – there are a lot of white noise products on the market so look for something simple (no fancy lights, projectors or other sounds). White noise

Apps can be handy when out and about but a white noise machine is the best solution – they are designed to play all night long!

SIGHT

Try to keep the room as dark as possible by using block out blinds or curtains and remove night-lights. Remove all mobiles and toys with flashing lights from their sleeping environment, as these distractions often delay the onset of sleep.

“Prep the room for catching all the Zzzzs”

Zzzz

KIP TIP #3

Put Babe to Bed Awake

If you have been rocking, nursing, bouncing or using other means to get your child to sleep, you may need to start putting your child down drowsy but awake.

We get it – cuddles are amazing! The bouncing and rocking isn't a problem in itself, but it can become a problem when you find you can no longer handle it day in and day out, and your child needs you to do it multiple times a night to get back to sleep.

These sleep associations are not only preventing your child from getting consolidated sleep at night, but it is also robbing you of the sleep you need to function during the day.

Practice helping your child get nice and drowsy, and then place them down awake so that they can learn the skill of falling asleep unassisted. Perfecting this skill will make it much easier for them to fall back to sleep in the middle of the night without needing your help.

“This skill will make it much easier for them to fall back to sleep if they wake through the night”

KIP TIP #4

Create a Bed and Nap-Time Ritual

A bedtime routine is a consistent calming ritual that takes place leading up to lights out. By following a consistent ritual, your child will feel more secure because they know what to expect and understand that bedtime is coming.

It can include as few or as many steps as you like to help their body wind-down and get ready for sleep. Your routine could include activities such as warm bath, brushing teeth, bedtime stories, talking about their day or saying goodnight to a special toy.

Once you decide on a good bedtime routine, try to keep it consistent every day. Your child will begin to associate your bedtime ritual with bedtime, and will naturally become sleepy. The best!

“A simple routine
lets little one know
it’s time for sleep”



KIP TIP #5

Choose an Early Bedtime

Children need a lot more sleep than adults do, and implementing an age appropriate bedtime allows them to get that much needed sleep.

Children should be going to bed anywhere between 6-8pm to allow them to get 11-13 hours of sleep at night. An early bedtime will also help your child stay well rested if they've missed a nap, or didn't sleep well the night before.

And don't worry if you think that an earlier bedtime will cause your little one to wake early in the morning – they often wake up later!

“Help them get all the sleep they need”



• The Kip-List

A handy checklist to have babe on the way to the sleepy eyes in no time!

Block Out Curtains

White Noise Machine

Room Temperature
18-22 Degrees (Celcius)

Remove Mobiles & Lights

Bedtime Ritual

Put To Bed Drowsy
But Awake

Choose An Early Bedtime

Keep It Consistent



Want to learn more or need some one on one advice?

The award-winning Baby Sleep Guide App, developed by sleep consultant Jessie White is an amazing resource to help establish healthy sleep habits. It has helped transform bedtime for thousands of parents around the globe! Visit babysleepguide.com.au for more information.

You can also find helpful sleep tips and more from Jessie and our team at Kippins.co!