

FIVE TIPS TO IMPROVE YOUR LITTLE ONE'S SLEEP

BY BEDTIME BABY SLEEP SOLUTIONS



Tip One - Developmentally Appropriate Schedule

No matter what the age of your little one, it is important to find a daily sleep schedule which suits their individual needs. An appropriate schedule can support longer naps, easier bedtime putdowns, and lessen night wakings.

Tip Two - Encourage Independent Sleep

The way that babies and toddlers fall asleep is the way that they like to stay asleep. Encouraging your little one to fall asleep independently in their bassinet, cot, or bed can support longer naps and less night wakings.

Tip Three - Establish a Bedtime Routine

Implementing a bedtime routine can support your little one to relax and wind down and can make the process more enjoyable for all involved. In doing this your little one is better space to be able to settle to sleep.

Tip Four - Consider the Environment

My top three recommendations when setting up your little one's sleep environment: install block out blinds, use white noise, and set the temperature somewhere between 18 - 22 degrees celsius.

Tip Five - Always be Consistent

Babies and toddlers thrive on routine. With routine and predictability they are better able to understand what is happening and what the expectations around sleep times are.

Tried all of the above and still no luck? Think it sounds great in theory but are having a hard time implementing it practically? A tailored plan and some personal support could be the answer to your sleep problems. Visit the website to book in a FREE initial consult.

www.bedtimebaby.com.au