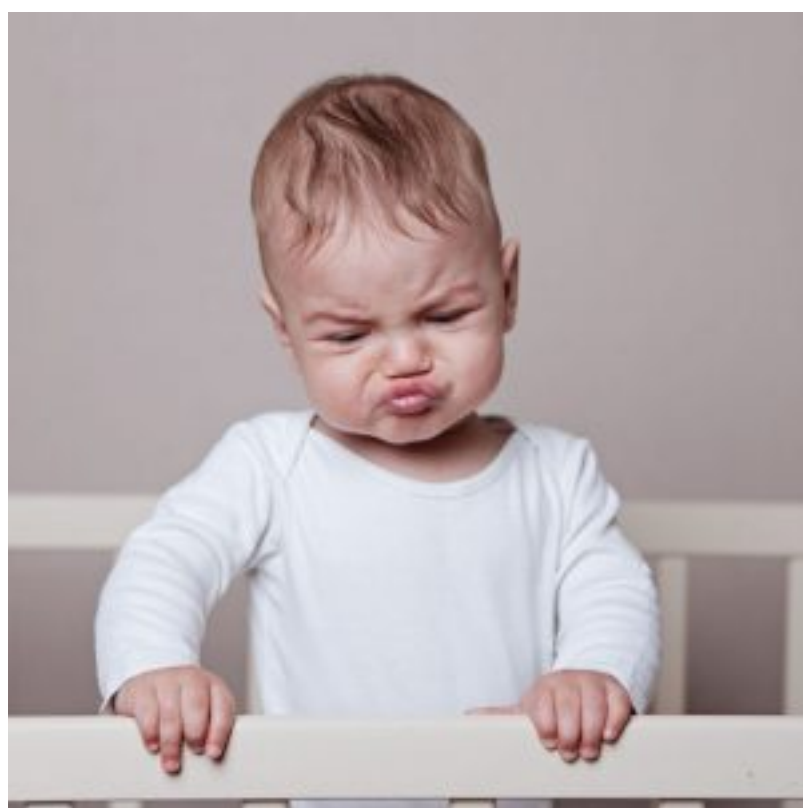


# What Are 6 Good Motivations To Use Baby Sleep Consultancies?

*Life is full of difficult choices, and the larger they are and the more options we have, the harder they get. Taking into account more options, we melt down. Pick this **Baby Sleep Consultancies** or that **Baby Sleep Consultancies**? We don't know which is comprehensibly better, and analysis shows that most people will not pick at all when shown a range of equally fine options.*

For babies over the age of 5 months, feeding to sleep is one of the most common reasons that babies wake in the night. This is true for babies who were sleeping through and start waking again, and is the reason why many babies have never slept through. Make sure your baby's cot or crib is clear of any unnecessary accessories. Keep bumpers, toys, and loose bedding away from your baby's sleep space for an uncluttered, safe sleep environment. Your baby should be sleeping on a firm, flat surface protected with a waterproof cover. Your infant's brain needs to mature to allow for longer sleep cycles. When your infant has less sleep cycles there is less potential to wake during the night. Typically, this happens around 9-12 months. You could swaddle your baby - your health visitor or midwife should be able to show you how or follow guidance for correct and safe swaddling. Swaddling makes your baby feel secure and cosy. They're less likely to wake themselves up with involuntary movements. Contrary to popular belief, it matters very little how long or short your routine is. Bottle, pajamas, and bed is sufficient. Bedtime routines can also include a bath and books, but parents should make sure that their kids are happy and awake, not fussy and tired, before beginning a routine. In warmer weather, you can dress baby in a sleeveless and legless onesies for bed, or just a nappy and singlet. For cooler weather, a full suit will keep baby warm.



Use rumbly white noise for all sleep. Consider starting the sound before the bedtime routine (to get her in the mood to sleep). You might even use white noise during meals, if your baby is so distracted that she just nibbles during the day and doesn't eat enough to keep her satisfied at night. A baby's startle reflex, also known as the moro reflex, can cause babies to startle awake when they are placed in their cot or cause them to wake between sleep cycles if they are not swaddled. The important thing is to stay confident and consistent and gently help your baby to adjust to falling asleep on their own - and in their own time. If possible, try to establish a cycle where your baby wakes up and eats immediately (while staying as awake as humanly possible). Then baby would remain awake to complete the 60 minutes of wake time. Followed by sleep for some amount of time. Then, of course, waking and eating again. This is a great way to ensure your kiddo gets as many calories during the day as possible, and hopefully sleeps longer stretches at night. A sleep consultant will take a holistic approach to create a sleeping system that you can manage and one which takes into account [Sleep Consultant Training Course](#) as well as the needs of the baby and considerations of each family member.

## The Importance Of Routine

Everyone has an internal clock, also known as a circadian rhythm, that helps keep sleep on track. Your baby will start to develop one around 12 weeks but your little one won't likely develop a normal sleep/wake pattern unless you impose one. Carefully consider the placement of your cot when used in standalone mode. It's important that it's kept away from radiators or heaters of any kind to avoid overheating. Similarly with windows due to drafts, try and make sure your little one is kept at a consistent temperature while they sleep. A realistic goal is to help your baby sleep consecutively throughout the night by the time they reach their first birthday. As they grow into toddlers and school-age children, their sleep needs will become more similar to those of adults. Fresh air and light in the late afternoon helps regulate body clock. So a walk in the pram or some outdoor play in the afternoon is a really good idea. Busy two-income parents often don't get home until six or seven o'clock in the evening, so it's common for older babies and toddlers to procrastinate the bedtime ritual. This is prime time with their parents and they are going to milk it for all they can get. A sleep expert will be with you every step of the way, guiding you on how best to find a solution to your sleep concerns, whether its [How To Become A Sleep Consultant](#) or one of an untold number of other things.

It is a massive misconception that formula-fed babies sleep better than breast-fed babies. Research shows that babies sleep the same whatever milk they're given. Please don't blame your breastmilk. Choose heavy curtains for your baby's room that not only block out the light but can also muffle sounds coming from outside so your baby won't necessarily be aware it is light and the birds are singing at 5am. Sometimes it's hard to fall asleep in strange places — especially when home was a warm, dark and very cozy womb. When it comes to adjusting to life on the outside, your infant might appreciate sleep-enhancers that remind him of "home." You want your babies to get used to sleeping through the phone ringing, the dog barking, and

other normal daytime household noise. Remember, the babies need to adapt to the family's lifestyle, not the other way around. Many baby monitors now include a video option where you can see your baby sleeping. These can give you peace of mind to see your baby is OK and you can visibly check whether they're groaning a little or a lot and weigh up the likelihood of them settling back to sleep without you. For [Ferber Method](#) guidance it may be useful to enlist the services of a sleep consultant.

## Use A Firm Sleep Surface

Pick out the times of the day that you are most tired, for example, 11:00 a.m. and 4:00 p.m. Lie down with your baby at these times every day for about a week to get your baby used to a daytime nap routine. This also sets you up to get some much-needed daytime rest rather than be tempted to "finally get something done" while baby is napping. With a baby instinctively wanting to be near or on you, your best chances of getting them down in their sleeping space is to create a "womb-like" environment, eg by swaddling and using a hot-water bottle to warm the sheets – but do take it out before you lie the baby down. Your baby is unique and may sleep differently to other babies. Some babies sleep for long periods, others for short bursts. They will sleep during the day and night. They might sleep for anything between a few minutes to a few hours at a time. For some kids, sleep training is a necessity. The longer-and-longer approach is a gentler alternative, or you can consider the no-tears method of pick up/put down. If your baby is beautiful and perfect, never cries or fusses, sleeps on schedule and burps on demand, an angel all the time, you're the grandma. Coping with sleep deprivation as a new parent can be very challenging. It might seem like everyone else's babies sleep more than yours or you may worry that you are doing something wrong. Having a baby is a steep learning curve and aspects such as [Sleep Training](#) come along and shake things up just when you're not expecting them.

Some parents claim that a ride in the car is a sure-fire way to induce sleep. In desperate times it may be tempting to buckle baby in the car seat and drive around the block. Baby's final feeding of the day must be the first part of your bedtime routine. It should take place in a well-lit room, since it is imperative that throughout the feeding the child be kept between one and three on the wakefulness scale. If they become sleepy or drowsy, it can greatly impact their ability to fall asleep at bedtime. Be aware that baby sleep changes significantly at about 5 months. A baby who is fed to sleep and has been sleeping all night will likely start waking again after 5 months. If the feeding to sleep continues, many babies go back to waking 4-6 times or more every night, wanting the powerful breast milk/sucking/cuddle combo to get back to sleep. Any time between the age of 6 months and 3 years old your baby's night-time sleep might be affected by separation anxiety, a normal phase in your child's emotional development. This is when your child becomes clingy and cries if you leave the room, which might make sleep training more challenging. Learn more about separation anxiety and strategies for coping with it. A very common problem parents' face, after all, what's more natural than holding your baby tight and letting them fall to sleep. Yet it becomes a challenge when this

is the only way your baby will sleep and the minute you lay them down they wake. The gentle approach and caring manner of a baby sleep expert allows them to assist you in the most preferable way to deal with [Sleep Regression](#) and to assist you and your family in any way possible.

## Helping Your Baby Fall Asleep

If your child shares a bedroom with a sibling, let your older child sleep in your room or the living room until sleep training is over. And use white noise with your older child so he can't hear the crying. High-need babies are notoriously resistant to mechanical mother substitutes and will usually protest anything less than the real mom. Before you actually spend money on a swing, you might want to borrow one for a week or two to see if the spell of the swing will last. You may discover that you are uncomfortable with mechanical mothering and decide to get more creative. Still, swings have their moments. Keeping your newborn safe while they are sleeping is of the utmost importance. Position your baby on their back to sleep, with no loose bedding or pillows in the crib. Use a firm, flat, cot mattress to help them maintain a safe sleeping position and keep an eye on their temperature to ensure that they are neither too hot nor too cold. If a baby wakes up a lot during the night it does not necessarily reflect parenting choices. Instead, caregivers might have a very different starting point when dealing with infant sleep. In other words, some babies may simply be better sleepers than others. However, this is not to say that things will not change over time or that behavioral sleep techniques will not be helpful. Could your baby's broken sleep be caused by a surge in development? Maybe your baby is chuffed to bits they can crawl, and now wants to practise – at 3am. How babies sleep depends largely on their age, but there is still a lot you can do to turn things around and get some precious sleep again. There are multiple approaches to [4 Month Sleep Regression](#) and a sleep expert will help you choose one that is right for you and your family.

Baby should wear what you have to bed on to be comfortable, plus one layer. If baby feels cold then they should have more clothes on. If they're sweating, they may be over-bundled. Eye contact seems to send a message to babies. Let's have a conversation now. It's party time. So in addition to keeping things as dark as possible, try to avoid conversation and eye contact in the middle of the night. It will make it easier for everyone to fall back to sleep, and it may help your baby develop more mature sleep patterns. A way to night wean your baby is to start putting a little less into his bottle or spend a couple of minutes less on each breast during night wakings. Keep slightly decreasing the amount of milk or the nursing time over the course of a week or so until your baby gets the message and gives up an overnight feeding. You can check out more details appertaining to Baby Sleep Consultancies at this [Wikipedia](#) page.

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