



How to help your baby sleep

Getting baby into a good sleep routine early on is essential – not just for them, but for you too. Sleep coach **LUCY WOLFE** explains why and provides tips for a good night's (and day's) sleep for your new bundle.

After you are handed your precious bundle of joy, the journey begins. And, often, we know very little about how to put our babies to sleep, or how to define realistic expectations about sleep. However, if we don't foster good sleep habits early on it can become a

real household problem. What a lot of us don't realise is that sleep is a learned skill and we have to teach our babies to develop healthy sleep habits. This can be done early on, without compromising your parenting values.

Sleep is vital to health and development. Getting enough sleep

will help your baby grow, learn and stay well. In the first few months of life, while you get to know and bond with your new baby, you can also concentrate on establishing basic sleep rhythms and routines that will help babies learn to sleep better from the start. What follows are some useful tips and suggestions to