



Sleepy heads

Lack of sleep is one of the most daunting parts of becoming a parent. However, sleep consultant **Lucy Wolfe** has some tips on sending your little one to the land of nod

LOSING sleep is synonymous with having a new baby, and however much you love your little bundle of joy, sleep deprivation does take its toll. Lack of sleep is linked to a long list of adverse effects such as irritability, loss of concentration and headaches', and undoubtedly makes parenting harder than it should be. Sleeplessness is the greatest challenge faced by parents with an otherwise healthy child. You can begin to dread bedtime, going to sleep and trying to deal with your baby in the night. Paediatric sleep consultant Lucy Wolfe assures parents that they are not alone: "One in four Irish families experience sleep

problems and it is not a reflection on you as a parent."

Wolfe recently spoke at SMA Study day on the topic of sleep troubles in toddlers and spoke out about some of the commonly accepted 'myths' of toddler sleep troubles:

- Keep your child up later and they will sleep later - False
- If they wake they MUST be hungry - False
- My child won't nap, so she/he doesn't need one - False
- Limit naps to promote night-time sleep - False
- Children will outgrow the problems - False