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give in at this stage, the message she a screaming child. However, if you do to do is sleep and you are faced with middle of the night, when all you want me to tell you that this is difficult in the to get you to lift her. You don't need will not like it and try harder next few times you do this, your daughter out of the cot and not giving in. The first be consistent in not taking her out without your help. You will need to means that she is able to settle herself settling there without a problem. This bed in her own cot and that she is routine, then you will need to help her to settle back into her previous

if you do not want to bring your child for you. Understand that this can be difficult to get a similar result and don't they are just repeating behaviour a case of a baby manipulating you. a case again - ie, start crying. This is not want it to happen they do the same know this can happen, and if they child on one occasion, they then form habits and expectations quickly, on their own. Babies are smart. They so that even if you only pick up your that they wake during the night, it's them. So the child's problem isn't sleepers need mum or dad to help themselves back to sleep without the night, but the good, sleepers get babies wake at various times during to wake during the night. In fact, all

A. Your experience is a common habit that she wants to go in to bed with mum and dad.

A. My little girl is eight months old. Since she was about six weeks old she slept all night and did not wake for a bottle. However, for the last couple of months, she has been waking two to three times during the night. The first and second time she sleeps, she wants to play, but the third night, she wakes up to seek advice and help. She will cry until I take her out of her cot. It has got to the stage where she will cry until I take her out of her cot, and she wants to play, but the third night, she wakes up to seek advice and help.

A. When is a good time to move my toddler into a big bed? A. normally recommend making this transition around 2.5 to 3 years of age. Developmentally at this stage, your child can understand words like "stay in your bed all night". Discuss your plans with your toddler and give lots of small choices around their sleep - "Which two books shall we read?", "Get your child involved in the new sleep plans, let them pick out the bed linen and "help", you out the bed change too soon, your child is struggling to adjust, if your without too much fuss. Finally, if your quietly and calmly return them to bed every night, your toddler gets out of bed, are firm about the boundaries, in the bedtime routine making sure that you reward chart and amend your existing organise the bedroom. Consider a quiet night and wait a little longer.

A. Can a special diet help my child with Autism Spectrum Disorder? A. Autism Spectrum Disorder is a common developmental disability. It affects the way in which your child communicates and relates to others around them. A commonly used diet around the world is a gluten and casein free diet. This involves removing casein from the diet, which is a protein found in milk and casein from the diet. It improves these behaviours and mental by some people in an attempt to communicate the way in which your child interacts with the world. A gluten and casein free diet often say that their behaviour improves, but they still have to deal with the effects of the diet. It can be difficult to follow a gluten and casein free diet, as it requires a lot of planning and preparation. It can also be expensive, as it can be difficult to find gluten and casein free alternatives to common foods. It is important to remember that everyone's body reacts differently to different diets, so it is important to consult a healthcare professional before starting any new diet.

A. Lucy Wolfe is a Certified Sleep Coach. For solutions for a great night's sleep, visit www.lucywolfe.ie. Lucy Wolfe is a Certified Sleep Coach. For solutions for a great night's sleep, visit www.lucywolfe.ie. Lucy Wolfe is a Certified Sleep Coach. For solutions for a great night's sleep, visit www.lucywolfe.ie. Lucy Wolfe is a Certified Sleep Coach. For solutions for a great night's sleep, visit www.lucywolfe.ie.

A. Sleep Clinic on Thursday evenings and Fridays in the Dublin Nutrition Centre. Office 01-6398852. Sleep Clinic on Thursday evenings and Fridays in the Dublin Nutrition Centre. Office 01-6398852. Sleep Clinic on Thursday evenings and Fridays in the Dublin Nutrition Centre. Office 01-6398852. Sleep Clinic on Thursday evenings and Fridays in the Dublin Nutrition Centre. Office 01-6398852.

A. I send your question to editor@mumscandtotots.ie

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Get your answers here...

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