



Baby sleep basics

Both you and your newborn will benefit from establishing healthy sleep habits right from the beginning

By Lucy Wolfe

Sleep is definitely something that we adults tend to take for granted, until we have children that is. It is probably the biggest challenge faced by parents with an otherwise healthy child and it's not surprising that studies consistently support that 30 per cent of all families have a sleep issue within their family unit.

As a new parent you may be surprised to discover that sleep does not come naturally to your little baby and that he or she needs considerable help from you in this department. Beautiful images of sleeping infants and well rested new mums can be the opposite

of the reality of becoming a parent. Trying to get a handle on all of your baby's requirements; from feeding, to winding, to bathing, dressing and of course to making sure that they are well rested, can be tough. What comes naturally to some; others may need extra assistance and that is not a reflection on you as a parent, more your child's temperament.

Despite your new baby's temperament; from easy to less easy, they all need a considerable amount of sleep within the first year, so don't be fooled into thinking that maybe your baby needs less than all the others just because they

always seem to fight going off to the land of nod.

I have put together a few suggestions on a month-to-month basis for the first four months, with some tasks that you could aim to achieve in an effort to establish healthy long-term sleep habits.

It is never too soon to begin laying a lovely foundation for good sleep associations. It is not an unreasonable expectation on your part to look to a future when you will enjoy longer stretches of night time sleep as soon as your baby is physically capable of doing so. As far as reasonable expectations go,