

MONTH FOUR

on the feed and satisfy their hunger. If you want your child to sleep in their cot, try to avoid now bringing baby into your bed in the overnight period. Soothe and calm her in the cot.

Your task this month is to lengthen, organize and improve naps. Timing is crucial to your baby falling asleep easily and staying asleep for longer periods of time. Your task this month is to lengthen, remember that short term solutions can have long-term repercussions as you get older.

MONTH FIVE

Far as sleep is concerned, you will need to wake up earlier so that you don't interfere naturally with their inner rhythm.

Remember that short term solutions can have long-term repercussions as you get older.

Your task this month is to lengthen, organize and improve naps. Timing is crucial to your baby falling asleep easily and staying asleep for longer periods of time. Your task this month is to lengthen,

that can also disturb sleep. At this age your baby is developing a better awake for longer periods, but you body clock and may be able to stay awake longer than before. Your task this month is to lengthen, organize and improve naps. Timing is crucial to your baby falling asleep easily and staying asleep for longer periods of time. Your task this month is to lengthen,

really need to avoid them getting really tired and wake up earlier so that you don't interfere naturally with their inner rhythm.

If you haven't already, develop a day and night routine. This will negatively impact their night overtired, fussy and hard to settle, as this will negatively impact their night sleep. Now your baby needs a time sleep. They need a quiet and deep sleep. They need a quiet and deep sleep. Be mindful of what your baby associates with falling asleep and try to allow them to perfect the skill of falling asleep at bedtime, without too much help.

Above all, look after yourself and enjoy these first precious months of your new baby's life and know that the help you to foster excellent sleep habits is significantly easier than later! These first precious months of your new baby's life and know that the help you to foster excellent sleep habits is significantly easier than later!

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distractions so they can concentrate

Feed in quiet places with few periods as well

requriment into the night time get into the habit and transfer this

graze or snack all day or they'll

appetiteable. Try not to let them lengthen night time sleep if they Your goal this month should be to

Some will sleep more than others, long babies in this age can sleep.

There is a natural variation in how that they sleep.

amount of sleep they get and the place

time sleep and naps, for example the

on the quality and quantity of night walking. You can begin to concentrate for six to eight hours at night without

At this age, a lot of babies can sleep

MONTH THREE

napping in their cot or Moses basket.

In cars, swings and so on, get them probably phase out motion sleep.

At the end of this month you should fall asleep

more independent and capable at getting enough sleep and becoming

will gradually lengthen in if they are short, about 45 minutes long, but the skill. Many naps may still be

them and help them to master

they appear tired. Again, stay with want them to go to sleep or before

teen to fifteen minutes before you naps, place in a quiet environment

To help your baby get ready for

windows, throughout the day.

45 minutes to two hour wake need three to four naps with

disorganized from two to four daytime sleep, so napping can be

it takes longer to sort out

pick up to calm if necessary.

asleep. Sit next to them - shush, pat,

but awake. Stay nearby and soothe putting your baby into bed relaxed

habits and patterns and work on

quiet late: Be conscious of sleep bedtimes, which will probably be

bedtime: Can potentially sleep up to four

nights time sleep and your baby

this point the brain starts organizing

almost seamless for your baby. At

transition from awake to asleep

what happens next can make the

stretches will follow.

scene for healthy sleep, those lengthier

at least; however, if you prepare the

for the first half of their first year

it is fair to expect your baby to wake

frequently and require night feedings

at least; however, if you prepare the

Monty ONE

sleep cues for baby. Understanding bedtime routine to set up the right

hours of awake time at any one time.

bigger as the day goes on, from one start of the day, which can typically get

can only manage 45 minutes at the staying awake too long. Some babies

or allow your baby to get over tired by

be very careful not to over stimulate

MONTH TWO

to sleep through the night.

themselves back to sleep and learn

they will never learn how to get

and to go back to sleep. This means

held, rocked or fed to go to sleep

babies that they must always be

sleep problems by teaching our

hunger. Understanding that we create

cry may not mean that they are

component of sleep shaping. Every

themselves - that is the essential

and allowing them to comfort

balance between comforting them

As parents you can create the

to the bedroom.

a soft, hushed voice and try to keep

key - don't turn on lights, speak in

ensure night time feeds are low

regularly during the day and

keep lights low at bed time to help

natural light during the day and

help them by exposing them to

and night until the second month.

can't fully distinguish between day

four months, and in fact babies

Sleep is not organized where required,