



## Teaching Baby Good Sleep Patterns

If you've been blessed with a night owl, one who comes alive at night but likes to doze all day, then try these tips:

- Stick to a routine. As much as it hurts to say this, if you want them to sleep well at night, you're going to have to wake your baby in the morning at a reasonable hour. Feed them, play with them - even if they keep falling back to sleep. Keep them in the family environment and only put them into their cot when you know they are due to sleep. If they sleeps past a reasonable period, wake them up again and continue the routine.
- Once night falls, begin your night-time routine and settle them into bed. Make sure that the entertainments around their bed (toys/ books/ lighting) are kept to a minimum. When they wakes during the night, go into their room, check that they are OK and leave.
- If they cry, use a settling strategy such as controlled crying.
- If they are happily entertaining themselves - singing, playing - and it's 2am, leave them to it. There's no point in trying to settle them if they are wide awake and happily engaged. Eventually they will wear themselves out and the less input from you, the better. They may just drop back to sleep on their own or they may start to cry in which case, you will need to settle them back under their covers and begin a settling technique.
- If they call out for you (because a party's a lot more fun with a few guests), go to them, calmly and quietly lie them down, tuck them in, tell them to go to sleep, give them a kiss and leave.

### **REMEMBER!**

While you may find it difficult to settle back to sleep yourself, knowing that they are awake and playing in another room, no harm can come to them whilst they are contained in their cot.