

Three Things That Industry Specialists Do Not Want You To Learn About Baby Sleep Consultancies

*The vast number of visitors on social platforms, particularly Facebook and Elpha, speaking about **Baby Sleep Consultancies** keeps on growing from month to month. A penny for your thoughts on **Baby Sleep Consultancies**?*

The Ferber sleeping technique helps your baby fall asleep independently and was created by pediatrician Richard Ferber. It involves putting your baby into their crib while they are still awake and leaving the room, then waiting a few minutes – three minutes is the recommended amount of time – before going back to soothe them. Of course you'll want to cuddle and comfort your crying baby. Some nights you won't know why they can't sleep despite your best efforts. But always try to put your baby back down in their Moses basket/cot when they're drowsy but still awake so they learn to settle themselves. Keep stroking their cheek if you need to. For the first 6 months your baby should be in the same room as you when they're asleep, both day and night. This can reduce the risk of SIDS (sudden infant death syndrome). Particularly in the early weeks, you may find your baby only falls asleep in your or your partner's arms, or when you're standing by the cot. Your baby will have their own pattern of waking and sleeping, and it's unlikely to be the same as other babies you know. It's also unlikely to fit in with your need for sleep. Try to sleep when your baby sleeps. Take lots of daytime walks to get extra sunlight exposure. (Indirect light is best in the summertime, to avoid sunburns.) If it's too cold to go out, get lots of light exposure at home, especially during the early morning, to help set your baby's circadian clock. Babies wake up for lots of different reasons e.g. growth spurts (usually around 1-3 weeks, two months and three months), teething, tummy aches and needing changing. They also cry to express a range of emotions including when they're tired. It can be useful to try and differentiate between cries.



If you never know what time your boss will let you leave the office, it's really hard to plan dinner with your family. Similarly, if you keep changing the timing of her go-to-sleep routine, your baby never knows what to expect. If your baby won't settle without you in the room, try gradually withdrawing from the room for a period of a few days, each day moving a little closer to the door until eventually you are outside the room. What does constitute a whole night's sleep? When you have a young baby, you might feel a 4 hour stretch is a good result but a full night's sleep is considered as eight hours or more. Your baby needs about eleven to twelve hours of nighttime sleep, so if they are consistently starting their day between 6:30 and 7:00 a.m., they need a bedtime about twelve hours before then. If you're looking for a compassionate, effective and evidence-based approach to sleep or just advice on one thing like [Sleep Consultant Training Course](#) then a baby sleep specialist will be able to help you.

Baby Sleep Problems

SIDS happens most often during sleep at any time, day or night. Doctors don't yet know what causes it but it's most likely to happen in the first 6 months. Babies born early and underweight, and twins or multiple babies are more at risk. Naps are beneficial for your little one's mental development and can help improve mood. The right amount of nap time during the day can even help your child fall asleep at night. And, nap times can also give you a much-needed break. It's important that you put your baby to sleep on their back, unless your doctor has said otherwise based on medical reasons. Lying your baby down in that position is one of the best ways of making sure they drift off as safely as possible. Putting your baby or toddler into your bed to sleep isn't safe or recommended, especially before age 1. Still, some families fall into co-sleeping — a term often used interchangeably with bed-sharing — if it seems like the only way that everyone can actually get some solid sleep. Be sure that there are no blankets, pillows, stuffed toys, or bumper pads around your baby, so that your baby does not roll into any of those items, which could block airflow. A sleep expert will be with you every step of the way, guiding you on how best to find a solution to your sleep concerns, whether its [Sleep Regression](#) or one of an untold number of other things.

Babies can sleep in the same room for as long as the parents want them to. Many parents worry that one baby will wake the other baby with crying or other noise. I have found that as long as the babies have always had to share the same nursery, most will learn to sleep through and filter out noises made by the other baby or babies. The optimum room temperature is 18C. So ensure a room temperature of, between 16C-20C. Babies are not able to regulate their own temperature very well and therefore can overheat easily. Babies do not need to wear a hat indoors and will not usually need to be wrapped in additional layers. It is important to ensure that babies are not sleeping near a radiator. As lovely as it is when your baby gently falls asleep on you, it isn't realistic, or safe, for your baby to need to be on you in order to sleep. It's normal for babies — even those who are good sleepers — to wake up more often and have trouble falling back to sleep once they're 3 to 4 months old, and at other ages too. Blame sleep regressions — and know that those phases are only temporary. If you put your baby in a swing every single time she cries for the first six weeks, she will expect you to put her in the swing each and every time she cries after six weeks. The baby cries, you put her in the swing. The baby cries, you put her in the swing. Over and over again, you repeat the same pattern. Soon the baby cries and she needs the swing. Sleep consultants support hundreds of families every year, assisting with things such as [Ferber Method](#) using gentle, tailored methods.

During The Night Keep Things As Calm As Possible

Naturally, since your baby wakes frequently in the first two months, so will you. And that's a problem because when you wake frequently, you end up getting twice as

much light sleep and just half as much deep, restorative sleep. That's why you may still feel exhausted when you wake up in the morning. (This can be especially tough if you slept poorly the last months of pregnancy or are recovering from a C-section.) Unfortunately sleep deprivation is almost inevitable for new parents, despite the fact that newborns regularly sleep up to 18 hours a day. This is because every baby has a different sleep pattern and it's unlikely it will fit in with yours for some time. As your child gets older, it can be helpful to keep to a similar bedtime routine. Too much excitement and stimulation just before bedtime can wake your child up again. Spend some time winding down and doing some calmer activities, like reading. For most new parents, it's the eternal question: How to get baby to sleep? When it comes to putting baby down to sleep—and helping baby stay asleep—it can feel like mission impossible sometimes, especially in those first few days, weeks or even months with your newborn. Sometimes babies just don't want to transition from their parents' cozy arms into their own cot, no matter how cute it looks. If that's the case, blur the lines between you and the baby bed. Try calming him down in your arms until he's drowsy, then gently place him directly onto the bed without losing skin-to-skin contact. There are multiple approaches to [Sleep Training](#) and a sleep expert will help you choose one that is right for you and your family.

If you're reading this through bleary eyes and the fog of fatigue, try to be patient with yourself and your little night owl. It's a good idea to sleep when your baby sleeps if you can and get help from loved ones to prevent extreme exhaustion. If your baby looks just a little too snug in the crib, it may be time to think about moving into a cot. If their head or feet seem to be forever bumping into the sides or they suddenly wake up more often (or very suddenly), it might be a sign they need more space to sleep. As their sleep cycles are much shorter, babies will often only sleep for a couple of hours at a time. Although most newborn babies are asleep more often than they are awake, disturbed nights can be hard to cope with as first-time parents - try to tackle this early on by sharing night time bottle feeds between you and your partner. For every baby who sleeps like - well - a baby, there will be another who seems to fight sleep like a little Samurai warrior, determined never to shut their eyes and give in to a night's slumber. Your baby's evening wind-down may entail a bath, some singing and one last feeding before the lights are dimmed. And if she conks out toward the end of this routine, you probably just slide her into the crib and tiptoe away, right? For [4 Month Sleep Regression](#) guidance it may be useful to enlist the services of a sleep consultant.

Going To Sleep At Night Is A Skill That Your Baby Has To Learn

Any natural calming ways that can help your baby sleep better at night have got to be worth a go. Baby massage is a popular technique for babies there are ways it can help your baby sleep too. The benefits are not only good for your baby, but good for you too. If your child is napping 'on the go' (for example in the car) try to ensure that this is balanced by daytime sleep in their own bed at home so that they get good quality daytime sleep over the course of a week. Teething is a common recurring cause of a baby or toddler waking throughout the night. Teeth cutting

through the gums is very painful and more noticeable at night without other distractions so your baby may need some help settling. There are many products on the market to help ease teething pain so worth finding out what most helps settle your little one back to sleep. You can't take the sleepless nights anymore. You're so delirious from lack of sleep you could cry. By now, you're starting to wonder if it's officially time to sleep train your baby. Consistency helps, babies can learn about winding down as night approaches. A warm bath with a favourite rubber duckie, a cuddle with dad after work, a feed, a lullaby and then bed. Turn off lights and TVs - getting rid of noise and distractions will help the baby to learn that it's time to call it a day. Whether its something specific like [How To Become A Sleep Consultant](#) or really anything baby sleep related, a baby sleep consultant can guide you to find a sleep solution as individual as your baby is.

Cuddling your sweetie or letting her drift off to dreamland in a swing may feel warm and cozy, but if she wakes up later on, she may fuss when she realizes that you (or the swing) are no longer there. Don't feel bad if you need to take a temporary break from sleeping in the same bed with your partner. Opt for separate beds if you and your sleep partner are having bed-sharing issues. Sufficient sleep contributes to healthy and happy relationships, and sleeping in separate beds is a healthy option. To help your baby doze off easily and sleep soundly, white noise is a must. The best white noise for sleeping mimics the sound babies hear in the womb. White noise should not be used twenty-four hours a day. You'll want to play it to calm crying episodes and during naps and nighttime sleep (start the sound quietly in the background during your sleepy-time routine, to get your sweetie ready to glide into dreamland). Check out supplementary information relating to Baby Sleep Consultancies on this [Wikipedia](#) article.

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