

*So, your little one has started at Keiki! What a beautiful early learning school it is.*

*Please find all my top tips below, on how to get your baby/toddler sleeping well at home. Once you have a good sleep routine at home you just ask the staff to follow the same plan when your bub is at daycare. Which they will gladly do.*

*Don't worry too much if it seems to be not quite working at the beginning, your baby will soon adjust and sleep well on daycare days.*

*If for the first few weeks they don't seem to sleep well at daycare, again don't panic, babies have a wonderful ability to differentiate, between home and day care.*

*All the best.....*

### TOP SLEEP TIPS

One of the most crucial elements for teaching children to go to sleep and stay asleep is helping them develop self-soothing strategies, independent sleep skills, so that can come in and out of sleep cycles and be able to go back to sleep without the help of mummy or daddy. We all have our own sleep strategies for a good night sleep; some of us have to be in a certain position in order to fall asleep, some of us need the window open and socks on, some of us need to listen to music in order to fall asleep.

Whatever it is, we all have ways that we sooth ourselves into sleep. If your child depends on a "prop" to fall asleep – such as breastfeeding, bottles, dummy, patting, rocking, or even playing with mummy's fingers – then they will find it difficult to get back to sleep without their "prop." It is important that we teach our children these skills so they can do it themselves and begin to sleep more peacefully.

Sleep is a biological need, not a luxury!

#### Top Sleep Tips

1. Always be guided by age appropriate wake times.

0 – 10	-	45 mins – 60mins
11 weeks – 3.5mnths	-	1 hour 15 – 1 hour 30 mins
3.5 m – 5 m	-	2 hours
5m – 7m	-	2.5 – 3 hours
8m – 13 m	-	3 – 4 hours
14 m – 3 yrs	-	5 – 6 hours

2. Don't become a human dummy, if you are breastfeeding, try not to feed more than every 2 – 3 hours.
3. Set up a sleep sanctuary, it is to be as dark as a cave, a good temperature between 21 – 24 degrees.
4. No gadgets that omit light. White noise is fine, but it must be on continually.
5. Do a bed routine. – Bath, bottle/BF. Book, suit on. For day naps also, minus the bath.
6. Be predictable with routine, make most naps in the cot, if you are out, let baby sleep in pram not on you.

Remember everything takes time and practice.

All the above tips are “shortcuts” – quick tricks that, for some parents, are the missing piece of the puzzle that gets their child sleeping through the night.

And while I hope that you'll be one of the lucky parents who is able to solve their children's sleep problems using one of these tricks, I am also here for you if you need a little more guidance. I offer a free 15-minute phone consult. Please contact me via details on the bottom of the page.

Many thanks

Donna Moala