

Baby Sleep The Golden Rules



By Rachel Waddilove

For Beaming Baby

Gwyneth Paltrow recommends Rachel Waddilove: "Rachel's flexible yet structured schedule was just the thing for our daughter".

Rachel provides wonderfully warm and practical guidance for you and your new baby in "The Baby Book, how to enjoy year one".

Baby Sleep, The Golden Rules

The Golden Rules

When settling for a night sleep (about 7.00pm.):

- Make sure your baby has a full tummy, does not have wind and has a clean nappy.
- Make sure your baby has been up for the right length of time.
- Swaddle your baby if she is still small enough.
- Put the nursery lights down low.
- Sit with her in a rocking chair and sing a lullaby, or just walk quietly around the room with her.
- Put her on your shoulder and pat her back gently.
- Put her on her side or back in her cot.
- Tuck blankets in around her body so that her head and neck are above the top of the blanket.
- Put a musical toy on if you like; this should play a gentle lullaby, which she will associate with bedtime.
- Say goodnight to her.
- Turn out the light and leave the room, leaving the door slightly open (this enables you to check on her during the evening without disturbing her).

Sleep Training Methods see next page....

Sleep Training Methods for Night-time

There are methods to help if you have a baby who is three months or older and is not sleeping well, or will only settle on the breast.

Shout It Out (Cold Turkey)

- Follow the Golden Rules (as above) for putting your baby down to sleep.
- Put your baby in his cot and let him shout.
- He may shout for anything from thirty minutes to one hour the first couple of nights, so be prepared.
- He will then fall asleep.
- Check your baby, and you will find him sleeping soundly.
- If he wakes after thirty minutes or so, leave him again – he will not shout for so long this time.
- Repeat this process until feed time.

Controlled Crying

- Follow the Golden Rules for putting your baby down, as above.
- Decide how long you are going to let him shout for before you go in for the first time (try to make it at least five minutes).
- Go in, but don't put the light on.
- Don't get him up.
- Stroke his tummy.
- Talk quietly to him, telling him it is 'night nights' time, or saying 'shush'.
- Leave the room, leaving the door slightly open.
- Make sure there is not too much noise in the house.
- Leave him longer this time, say ten to fifteen minutes.
- If he is not settling, go in and repeat the process.
- Repeat this process until he sleeps, leaving longer intervals each time you go in.
- It can take up to two hours for him to settle fully.

About the Author

Rachel Waddilove is a mother and a grandmother with over forty years experience as a maternity nurse, child-care expert, parental adviser and author.

Helping parents to look after their babies and young children is her passion and she provides a Consultancy and Maternity Nurse Service offering help and advice with newborns, growing babies and toddlers.

For more about Rachel, please visit
[Rachel Waddilove's Page](#)



Rachel's Books

We thoroughly recommend Rachel Waddilove's books. To find out more, click on one of these links:

[The Baby Book, How to Enjoy Year One](#)
[The Toddler Book, How to Enjoy Your Growing Child](#)

More Information

For more information about preparing for the birth of your baby, please visit the [Beaming Baby Center](#), call our Free Helpline or email us, we'll be delighted to hear from you.

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