

Baby Sleeping Guide - Help Your Baby Sleep Through The Night

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The Baby Sleep Guide. Interestingly, your baby's physical advances can alter sleep patterns. Many developmental milestones, such as rolling over and pulling up to stand, can temporarily upset your baby's sleep. Don't be discouraged if your baby, who once slept through the night, temporarily wakes up in the middle of the night. Stick to your routine to help your baby get back to a regular sleep pattern. Cutting back on naps won't help your baby sleep. Contrary to what you may think, cutting down on naps won't help at night. It can be a recipe for overtiredness and a worse night's sleep. But avoid naps too close to night time. Create soothing surroundings: keep the bedroom dark, cool, and quiet. k How much sleep? Between six and 12 months of age, your baby will need about 14 to 15 hours of sleep each day. Crawling, rolling over, sitting up an active baby means a tired baby. However, every baby is different and some babies need much more sleep and others need much less. Most babies take two or three naps a day at six months of age and two naps at 12 months. k Make sleep a family priority. Make sure you create good sleep habits for yourself too. Keep a consistent sleep schedule. Relax with a night time routine for yourself. Take a bath, give yourself a massage, or ask your partner to give you one. Relax by listening to soft music or reading a book in bed. And avoid caffeinated beverages after lunch. Avoid alcohol and smoking, too, as they are unhealthy for your infant. k Rocking, cuddling and feeding your baby to sleep are major causes of sleep problems, so try to break these habits if you've established them. If, for example, you rock your baby to sleep or give your baby a feeding right before bed, you'll likely be rocking or feeding your baby back to sleep in the middle of the night. Instead, try to put your baby down to sleep when drowsy, but still awake. If you let your baby learn to self-soothe to sleep before bed, she'll be able to soothe herself back to sleep if she wakes in the middle of the night.

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