

5 Common Mistakes Parents make when putting a Baby or Toddler to Bed



1. No Routine

Some parents feel this is not important and a few children do not seem to suffer initially, however the majority of parents whose child has an on-going sleep issue are those who've not established a routine early on. Being relaxed is fine but when your baby is out of sorts and you have no idea of when their next feed or rest is going to be is exhausting, frustrating and does not allow you to plan your day. A routine will make your life easier.

2. Being Inconsistent

If you are inconsistent with your child it will be confusing for them and is likely to create arguments or tears. Making allowances one day then not the next will seem unfair and if you have a baby, they will have no clues as to what is happening next and may feel unsettled. So doing the same thing in the same order will ensure your child knows what to expect and when nap or bedtime is approaching. As your child grows older this becomes increasingly more important.

3. Room not Dark Enough

If you are trying to put your child to sleep in a light room it will be harder for them to settle as their body produces a hormone called melatonin when in a dark environment and this helps induce a sleepy state. Some children are

heavy sleepers and will go to sleep straight away whether it's light or dark, however in the majority of cases this does not happen.

4. Room Temperature /Clothing too hot or too cold.

If your child's room is over or under heated it will be very difficult for your child to get comfortable enough to sleep. In the UK many parents have the room too hot, however it is better to have it cooler room and put another blanket or warmer sleep clothes on than have your child wake up too hot. In summer strip your child down to their vest or nappy if it is particularly hot weather. If your child wakes up and feels cold you may want to put an extra layer of clothing on them at bedtime or add more bedding once they've gone to sleep.

5. Child feels scared or upset.

If you put your child to bed and don't give them a hug or they don't have their favourite toy or a wind down time i.e. a story which helps your child relax they may feel upset or anxious. A child who is anxious or has not had chance to express any concerns will not settle easily. Children can also feel scared of the dark too, if your child is older it may help to leave a light on outside their room or a small child's lamp on in their room.



Sweet Dreams.....

Note.

If you've tried the above techniques or your child's sleep issue has persisted for more than a month or two, it is likely that there are other factors affecting your baby or child's sleep. This is something you should not ignore, so have your child checked by a health professional.

If you feel you'd like **One-Off Support** or on-going guidance contact Juliet and enquire about her current '**Sleep & Family Lifestyle' Programmes**, email juliet@sanitynanny.com. Both, are Guaranteed to get sleep quickly restored in your home, particularly with a growing baby- leaving everyone happy and relaxed and giving you more time to focus on the important things in life!

Happy Parenting! *Juliet Robinson*