



## Common Sleep Problems

At KUB we know that every baby is different – it's what makes them so gorgeous and lovable. But we also know that there are some sleep problems common to all youngsters that are guaranteed to drive any parent mad at one time or another. To spare you some sleepless nights, we asked night nanny and sleep consultant extraordinaire Brenda Hart and some parents for their top tips. So from cot clamberers to bed wetters, nightmares to sleep fighters, here's some advice to get you all sleeping well!

### My baby wakes at the slightest noise

**Brenda says:** Children have to get used to noise so don't 'creep' around but do be considerate and keep noise low when they are asleep. Children create their own 'white blanket' of noise to shut off the sounds around them.

### My daughter is a baby Houdini, always climbing out of her cot

**Maureen, mum to twins, says:** Start by lowering the mattress so it's harder for her to clamber out. If that doesn't work, try to catch her in the act and put her back immediately. Hopefully she'll tire of the game, but if not, make sure she has a soft landing by putting pillows on the floor!

### My son wakes up screaming. Is it 'night terrors'?

**Brenda says:** Night terrors or nightmares tend to occur around age three as the child's imagination grows. Don't overreact if this happens or you'll reinforce the message that this is something to be worried about – a good bedtime routine and night-time reassurance when he wakes will help, and most children soon grow out of this stage.

### My son never seems to be tired

**Phil, dad to Maddy, says:** My daughter was just the same. We found that the bath-story-lights out routine along with a banana snack (they contain tryptophan, which the body turns into serotonin that helps you relax) was the way to go. And she still loves bananas now!

### My four-year son has recently started wetting the bed. Why?

**Brenda says:** Don't panic and don't get cross – he isn't doing it on purpose. Bed wetting has many causes, physical or psychological – he may be a deep sleeper and can't wake in time, he may produce a lot of wee at night and his bladder can't cope or he might be anxious about something. Talk to him and tell him you understand it's not his fault, stick your normal bedtime routine and be patient – it will sort itself. But if he shows any sign of pain, see your GP as there might be an underlying medical reason such as an infection.

