



Getting Your Baby to Sleep

Getting your baby to sleep well is the holy grail of parenthood: everyone wants it, but it always seems to be just out of reach. But help is at hand. Kub understands sleep and all it means for your baby's health and development (as well as your sanity) so we've pulled together three 'golden rules'.

Rule 1: There is no 'right' way

What works for your best friend/sister/neighbour (delete as appropriate!) and her child may leave you and your little one exhausted and frustrated. You need to find a method that works for you and your lifestyle. There are loads of books and websites explaining sleep training fully, but some of the more popular techniques include:

- ❖ Controlled crying – leaving baby to cry for a set amount of time before comforting him, then gradually increasing the time you leave him until he learns to self comfort
- ❖ No tears – going to baby every time he cries, thereby making bedtime a 'nice' time during which your child will gradually learn to fall asleep by himself
- ❖ Gradual withdrawal – sitting by baby's cot and making soothing noises until he falls asleep, then, over a period of time, moving further away from his bed until he learns to self soothe

Remember, whichever method you choose – stick to it. Babies like to know what's coming next and routines relax them, and if they're relaxed they'll sleep more quickly.

Rule 2: Keep calm and carry on

A crying baby will send your stress levels soaring. Fact. But if you get stressed, then it's highly likely that your baby will pick up on this. But you can control your tension. Alison Raphael, a life coach who helps new parents, advises:

- ❖ Deep breathing – take the air deep into your lungs then exhale slowly. Repeat a few times. Concentrating on this will help to calm you, and you can pass this calmness on to your baby
- ❖ Stay focused – live in the present and don't waste time on 'What ifs' as they drain you of energy and stop you from fully connecting with your baby

Rule 3: Learn the bedtime basics

There are some things that every parent needs to know – and adhere to – every time they put their baby to sleep, day or night

On the back – always put your baby to sleep on his back. This has been found to reduce the risk of Sudden Infant Death Syndrome

Feet to foot – put him in the cot 'feet to foot' so they don't wriggle under the blankets and overheat while they are sleeping.

Clear the Moses basket – remove any toys, pillows, cot bumpers etc that could cause suffocation