

# Your Best Options For Getting Any Baby To Sleep

by

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## What Exactly Is A Baby Sleep Technique?

Some babies will happily fall to sleep on their own whenever they're put into their cot or crib. However, many babies refuse to sleep and require hours of rocking, nursing or feeding before finally dropping to sleep.

A baby sleep technique is a simple method that a parent can follow to teach their child how to fall to sleep on his or her own and so give the child (as well as the parents) a peaceful night.

## Why Parents Should Know More About Sleep Techniques

Any parent who has a child that either won't go to sleep in the first place, or wakes up in the night and won't go back to sleep on their own, should learn about baby sleep techniques.

Some parents think that if a child won't sleep they have to just wait and wait until they grow out of it.

This simply isn't the case as any parent can quickly learn the techniques that will help their child to sleep through the night.

## The Biggest Mistake a Parent Can Make In Getting Baby To Sleep... And How To Avoid It?

Possibly one of the biggest mistakes that parents make is inadvertently **teaching their baby bad sleeping habits**.

For example...

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If a baby is frequently rocked to sleep in a parent's arms, the child begins to depend on this rocking to get him or her to sleep. Before long, a habit is formed and so the baby will never go to sleep unless rocked.

This means that every time the child wakes, he or she will cry and cry until again they are rocked to sleep.

This problem can be avoided by creating a good baby sleep routine (see below) and ensuring that your baby goes to sleep in his or her cot rather than in your arms.

### Your Best Solution For Getting Baby To Sleep Through the Night Within The Next 7 Days

Because there is not a single solution that will work for every child, I would recommend that a parent...

- Firstly, **listens to all of the sleep techniques** in [The Baby Sleep Solution](#) audio program
- Immediately begins a suitable **bedtime routine** for their child, and...
- **Choose one** of the major sleep techniques and **follow** it for the next 7 days.

Because the audio program contains a number of very effective techniques that have been proven to work time after time, each parent is free to choose the sleep technique that he or she thinks is most relevant for their child.

### 3 Shortcuts For Getting Any Baby To Sleep

Without wishing to give away the most powerful baby sleep techniques that are included in [The Baby Sleep Solution](#), here are a **few shortcuts** that parents can try immediately.

Don't be fooled into thinking that these are too simple and not worth trying though...

I have many emails from happy parents who have got their baby sleeping with these few tips alone!

#### ***Shortcut 1 - The Importance Of Where Your Baby Falls Asleep***

It is quite normal for parents, and in particular first-time parents to allow their baby to fall asleep wherever they want to. Sometimes of course, it may seem like a godsend if they fall asleep at all and you would be happy for them to just sleep anywhere!

➡ However, allowing your baby to fall asleep while breast-feeding, in your arms, or even in a pushchair in your living room **could be what is causing their sleep problems**.

You may well be asking how this could possibly cause sleep problems?

Well, quite naturally, when your baby goes to sleep somewhere that is not his or her bedroom, you will then move them to their crib or cot so they can continue sleeping peacefully.

But when your little one then wakes during the night, as most babies do, they will suddenly find themselves in different surroundings to what they expected... and this can be very unnerving and scary for them.

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Imagine that tonight you were to fall asleep normally in your own bed. Now imagine that, some time in the middle of the night, you awaken.

There's just one thing.

When you wake up, you're lying on your front porch and not in your bed!

Might you be a little bit out of sorts from this? I certainly would be.

But that's **exactly** what you're doing by letting baby fall asleep in his or her Mother's arms in one room and waking up in a **totally different environment!**

It kind of makes sense when you think about it that way.

So...

**Your best bet on location is for your child to fall asleep in the same place as he or she will spend the night.**

All children wake briefly many times during the night... this is perfectly normal.

If they wake in the **same** crib, in the **same** room, with the **same** lighting, and the **same** sounds, as when they fall asleep, they will slip back to sleep much more easily.

So, this is something you can try TONIGHT...

When your child is tired, ensure they're in their **own crib**, in their **own room** before they go off to sleep.

Even if it means you need to sit in their room for half an hour or so before they drift off, you'll soon see that this slight change will make quite a difference!

***Shortcut 2 - Develop a Proper Bedtime Routine ..... And Stick To It!***

Going to sleep is a **habit**. And a **consistent bedtime routine helps your child develop this habit**.

Typically, a good **Pre-Toddler's Sleep Routine** will go something like this:

- Take a bath
- Have a bottle or breastfeed
- Burp and...
- Cuddle a bit until tired (but not overtired)
- Lay in bed while still awake...
- And sleep

If your child is a newborn, washing his or her face and hands may replace a full bath.

For a toddler, the routine is a little different.

The need for a pre-bedtime feeding is gone. **Toddlers also need more mental stimulation, so stories or lullabies are often a good bet.**

A good **Toddler Bedtime Routine** may look more like the following....

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- Take a bath
- Perhaps a short playtime
- Brush teeth
- Tell some stories while sitting in your lap and cuddling
- Maybe a goodnight song, and
- Lay in crib while tired but still awake

Whatever you decide to include in your baby's bedtime routine is entirely up to you.

A bath is a good starting signal for the routine, some element of relaxed cuddling is helpful, and most of the rest is based on what you need to get done for your child.

Therefore the crux is that when you've developed a sleep routine for your child it is **VERY** important to keep the routine **consistent** and to follow it night after night after night.

This consistent routine will help your child to quickly develop a regular sleep pattern.

One last point.

**Dimming the lights** somewhat as bedtime approaches is extremely important to regulating your child's biological rhythms.

👉 Light is one of the most important external cues regulating these rhythms, and one study showed that as little as a single 100-watt light bulb at ten feet was sufficient to disrupt sleep patterns in some people.

### **Shortcut 3 - Naps**

Naps are **under appreciated** tools in the quest for an easy bedtime.

While they obviously don't happen at bedtime, they can significantly help or hinder your bedtime experience.

The three main points to keep in mind with naps are:

- How many naps
- How long the naps are, and...
- When they occur

Typically, your child will be napping three times a day up to around nine months to a year old, two times a day until around eighteen months to two years, and once a day until he or she is about three.

As the age approaches during which children typically drop a nap, be aware of signs that your child is trying to drop a nap, and follow the cues rather than leading him or her.

#### **A good nap should last at least an hour**

A newborn will nap around two to three hours, and this will decrease to around one and-a-half to two hours by six months.

By one year of age, when a child is typically napping twice a day, the nap time may be around one to one and-a-half hours a day.

This will increase somewhat when the second nap is dropped, and there is often a time when one nap is not quite enough but two is too much.

Naptime should **occur at roughly the same time of day**. If a nap is too late in the day, your child will have problems falling asleep because he or she is not tired.

If it's too early, baby may have problems falling asleep because he or she is overtired.

Typically the naps should be **roughly evenly spaced in the daytime hours**, so that each block of waking time is similar in duration. If your child is very far off on any of these standards, naps may be contributing to sleeping problems at night.

Most often, problems occur from too little napping and an overtired child.

If you think this may be a problem, try to make sure that your child is in a stable place each day at naptime (a moving car does not usually result in good sleep).

Try to encourage naps in their own crib if possible. If not, use the same place every day.

Many parents find that a simple change in the number of naps, nap length or nap timing can solve a child's nighttime sleep issues.

Lastly for this tip, naptime can serve as a good starting place for building nighttime sleep patterns. If your child is at home in the daytime, you can start to implement the right sleep habits at naptime before trying them at bedtime.

## The Absolute Easiest Way To Mess Up Your Chances Of Getting Your Baby To Sleep

The easiest way to mess up your chances of getting your baby to sleep is to **NOT** keep to a **suitable bedtime routine** on a daily basis.

Babies (just like adults) really are creatures of habit and so will quickly get used to the fact that their bedtime routine means it is time to sleep.

Having no routine, or a bedtime routine that changes every day means your baby is less likely to drop to sleep on his or her own.

## The ONE Thing You Should Do Right Now To Get Your Baby To Sleep

Keep a sleep diary!

As you create a sleep routine for your baby and start to use some of the techniques with your baby it is important that you keep a diary of **what you have done (and when) as well as information on how well your child has slept.**

This way it's easy to see what works and what doesn't for your child.

## **Best Resources For Getting Baby To Sleep**

One of the great things about The Baby Sleep Solution is that everything a parent needs to ensure their child will sleep through the night, every night, is included in the audio program.

**[Click Here to Download your copy of The Baby Sleep Solution NOW](#)**

For more on how to **best use** sleep techniques, routines, naps and other great strategies to get your baby to sleep, as well as a free sample of The Baby Sleep Solution audio program, send a blank email (just the Address – no Subject & no Message) to:

→ [babysleepsolution@getresponse.com](mailto:babysleepsolution@getresponse.com)