

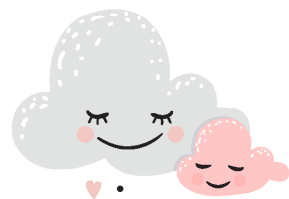
Mother & Baby Guide to Sleep

Everything you need to know





Hello



Welcome to The **Mother&Baby** Guide to Sleep. We really hope it will help you to help your little one get a better night's sleep tonight – and every night after that. Which will, of course, mean more shut-eye for you too. Because if there's one thing us mums love, it's that amazing moment when you open your eyes and realise it's an hour later than the middle-of-the-night time your baby normally wakes you. Put the tried and tested expert advice in this booklet into practice, and you can look forward to many more of those priceless moments.

The **Mother&Baby** Guide to Sleep tells you everything you need to know about baby zzz's, from daytime naps to night-time sleep, from birth to two years and beyond. You'll find expert help to deal with common sleep issues, such as if your baby wakes too early or won't settle unless she's being rocked for hours in your arms. Trust us, we know just how tough sleep issues can be, but it's never too late to start teaching your tot better sleep habits.

This booklet is intended for mums with babies born full-term and in good health. Ask your midwife or health visitor for help and advice if baby is premature.

The Mother&Baby team



WHAT YOU NEED TO KNOW

In their first week, most babies sleep for hours on end. They've been through the momentous experience of being born and are exhausted. Go with the flow, let her sleep and just wake her for regular feeds. Newborns should have a feed every three hours or so – that's three hours from the time the last feed started.

Sometimes your little one will latch on in her sleep, but most mums find it easier to

wake their baby for feeds. To do that in the daytime, pick her up, carry her over to the light by a window and gently tickle her face. If this doesn't work, undo her babygro or change her nappy. The temperature change should make her stir. Chances are, she'll nod off again soon after her feed. The world is so stimulating for newborns and sleep helps them to process new experiences. Make the most of this time, but avoid rushing about too much while baby sleeps.

PRACTICAL STEPS TO SLEEP SUCCESS

★ **The best place for your** baby to sleep is in a cot or in a Moses basket in your room. While it's fine for your baby to nap in her pram, she won't get the same quality of sleep she gets when she's in a cot. 'Motion sleep' tends to be lighter and less settled.

★ **A Moses basket is** great for the very early days. It's light, so you can carry your baby around and keep her near you. It's also more enclosed than a cot. Your newborn has spent nine months tucked up inside your womb, so that cosy, enclosed space

might be easier to get used to than a cot.

★ **All you need in the cot** or Moses basket is a new mattress and an undersheet. Dress your baby in a babygro or vest, and use blankets or a sleep bag, dependent on the temperature.

ONE TO Six weeks

WHAT YOU NEED TO KNOW

In these early weeks, babies sleep a lot and their sleep patterns are erratic. They will sleep almost as much during the day as they do at night. The one thing that will wake them is hunger.

If your baby is waking up hungry after less than three hours, try to encourage him to take more at his feeds. If he often falls asleep after 15 minutes, at the point when he's drifting off, stop feeding him, wind him, and change his nappy. This wakes him up. Then you can offer him more milk. He may not have much more, but taking in just a little bit more should let him stretch his sleep out a little longer.

DEVELOP AN EASY BEDTIME ROUTINE

At around the time in the evening he's usually becoming tired, give him a top and tail wash (this will become a bath when he's older), a feed and a nappy change. Get him into his night clothes and close the curtains, then read him a gentle story, say 'Sleepy time' and put him into his Moses basket. If you always do the same things, in the same order, at roughly the same time, your baby will start to recognise them as sleep cues and begin to get sleepy.

AS CLEAR AS NIGHT AND DAY

★ BABY'S BODY CLOCK ★

At first, babies don't know the difference between night and day. One of the most important things you can do during these early weeks is help your baby understand that there is a difference. Learning this will help set his body clock and mean he starts to become sleepier at night and more alert in the day. And that is the first step towards sleep heaven: a baby who sleeps through the night!

★ NIGHT-TIME CALM

The trick to helping your baby learn the difference between night and day is to behave very differently at night from the way you behave during the day. At night, keep the lights dim, don't talk or play with your baby and keep everything low-key. When he wakes up to feed, just do what you have to do and then settle him back in his Moses basket or cot. You're teaching him that night is dull – it's not worth waking up because there's nothing going on!

★ DAYTIME FUN

During the day, open the curtains to let in as much natural light as possible. Talk to your baby, make eye contact and play with him. If you have time in between feeding and him dozing off again, give him some time out of his nappy, lying on a play mat or blanket, and feed him every three hours. Get outside into the daylight whenever you can, as being in natural daylight is the best way to set your baby's body clock.

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SIX WEEKS to three months

WHAT YOU NEED TO KNOW

By six weeks your baby will be more responsive. She'll be able to stay awake for longer, and by 12 weeks she may be able to stay awake for two hours at a time. She'll also be better at feeding, taking in what she needs more efficiently. If you've got into a rhythm with feeding, you might well be seeing a rhythm in daytime naps and night sleep too. The ideal routine is for your baby to have three naps during the day, each one lasting around 90 minutes. This is long enough to allow her to wake up feeling refreshed, so she gets good quality 'awake' time, as well as

good-quality sleep. If you put her down to sleep at the same time every day, you'll help to get those rhythms established.

Don't worry – this *doesn't* mean you have to stay indoors following a rigid routine. If you want to be outside at nap-time, let her nap in the pram. If you want to go to a baby group and it means delaying her nap, as long as your baby can cope with that, go for it. It's helpful if babies can have the second nap of the day in their cot as this is when they're at their most tired, but it isn't absolutely essential. You need routines that work for you as well as for your baby.

ESSENTIAL!

At around nine weeks your baby starts to experience non-REM (rapid eye movement) sleep in the first part of the night. She will sleep so soundly it'll be hard to wake her. Cue her up for this with a soothing bedtime routine.

WATCH AND LEARN

★ SLEEP WINDOWS

Babies have periods of time – lasting 10 to 15 minutes – during which they are tired, and, if you put them down, they are likely to drift off to sleep easily. If you miss one, your baby will enter a state of over-tiredness. A wired, overtired baby finds it hard to settle to sleep.

★ WATCH FOR SIGNS

Often the first sign that a

baby is tired is that she moves less, and may stare fixedly at one spot. Some tug their ears when they get tired, others move their heads frantically from side to side. If you can get your baby into her cot at this point, she'll probably happily have a nap. If you miss these early cues, your baby will start to yawn and rub her eyes. But by this point, although

you're still within the sleep window, your baby is heading towards over-tiredness and may start waking up again. To help her relax and get sleepy again, hold her so she faces a blank wall. With nothing to stimulate her, she may well settle. Alternatively, skin-to-skin contact is a particularly soothing sensation so you could give that a try.

THREE TO four months

WHAT YOU NEED TO KNOW

By the time your baby reaches 12 weeks a big shift has happened. It's as if he wakes up and transforms from a newborn into a baby. His eyesight improves. He is better at differentiating between people he knows and people he doesn't. And he's *much* more interested in the world around him.

In the weeks since he was born, your baby has been learning that night is a time for sleep. You can encourage this now by not switching on a light if you enter the room where he's sleeping. Normal lights – even if a dimmer switch is fitted – stop our bodies from producing melatonin, the hormone that

aids sleep. Use a night light instead. These low-level lights don't impact on melatonin production, but enable you to see well enough to change a nappy or take your baby's temperature. But unless your baby seems really unsettled in the dark, don't get into the habit of leaving the night light on all night long.

UNSWADDLE YOUR BABY

If you have been swaddling, now is the time to stop because there's a chance your baby will be an early roller. If a baby rolls in a swaddle, he can get stuck on his front, which could be dangerous.

LET HIM FALL ASLEEP BY HIMSELF

Self-settling is a phrase used to describe

babies who can get off to sleep without needing help, such as feeding or rocking, from an adult. Babies can learn to do this at any stage, but by the time your little one is three months old, it's worth putting some gentle routines in place that will help.

★ If you're aiming to

have your baby asleep by 7.30pm, start your bedtime routine at 6.45pm. Give him a bath, a feed and a nappy change, then dress him in his night clothes. Read a story, turn off the lights, have a cuddle, then lay him down in his cot and say goodnight. It helps if you can do the whole post-bath routine in the room in which your baby sleeps.

★ Whether it's bedtime

or nap-time, put your baby into his cot when he's awake. If you're cuddling him when he goes off to sleep, he'll wake up expecting you still to be cuddling him. When you're not, he'll be startled and wake fully. But if he's gone off to sleep in his cot, it won't be a surprise when he wakes up there, and it will be much easier for him to re-settle himself back to sleep.

DREAM ON!

Some mums give their baby a 'dream feed' around 11pm. The idea is that it helps him sleep longer and he just guzzles the milk in his sleep. But if your baby wakes up for the feed, or still wakes lots during the night it's not working, so it's probably best to drop it.



FOUR TO six months

WHAT YOU NEED TO KNOW

This is the age when you might feel that your baby's sleep is taking a step backwards. There are some big developmental changes happening during these months that can disturb sleep. One of the biggies is when babies learn to roll and to sit up. Your baby's brain is so busy processing these skills that she starts to practise them in her sleep. Cue rolling around, getting stuck or banging herself against the side of the cot. It's not restful for anyone!

It's most likely to happen during the night, in the period when your baby is going through light REM (rapid eye movement) sleep. This is most common at 3am. The best way to deal with it is to give your baby as much time during the day as possible to practise – and master – these skills. In the meantime, you may have to spend a few days helping her get back into a comfortable position while she rockets around the cot. Keep your intervention as low-key as possible. Reposition her and give her a bit of reassurance if you feel she needs it. You might want to protect her, but cot bumpers, even

those that are made from breathable fabric, aren't recommended by sudden-infant-death-syndrome prevention groups.

Between the age of four and six months, you should expect to see your baby's afternoon nap start to drop off. A baby this age usually needs an hour's nap in the morning, a two-hour nap around lunchtime, and a shorter nap in the afternoon. At four months the final nap might be an hour long, but by six months it should be down to a cat nap of 20 minutes. Don't let her sleep any later than 5pm, or she'll struggle to sleep at bedtime.



If your baby wakes at around 5am, treat it as a night waking. Don't turn on the light. Don't take her downstairs. And don't let her watch Peppa Pig on the iPad! Light from screens, including mobile phones, tablets, laptops and TVs, stops the production of the sleep hormone melatonin and will keep your baby awake.

Your baby's digestive system should by now be in a pattern of working fast during the day, when she's moving and needs energy to be released quickly, and slowly at night, so she might not need to wake up for food.

DROP THE NIGHT FEED IF YOU CAN

Babies develop at their own pace, but somewhere between the age of three and six months, most are able to sleep for a longer stretch at night. This could be anything from 10 to 12 hours.



SIX TO nine months

WHAT YOU NEED TO KNOW

This is the age when your baby should drop his late afternoon nap. At six months he might still need a 15 to 20 minute cat nap in the late afternoon, but by eight months it should be gone! If it's not, you'll probably find that your baby either won't be ready for

sleep at bedtime or he'll start waking really early in the morning.

ESSENTIALS!

Babies are often moved into their own room now. Get him used to it for a month before, starting the bedtime routine there. Don't change sheets or sleep bag on the night of the move – the familiar smell will help him settle.

CONSIDER IF YOU WANT TO SLEEP TRAIN

Some parents decide to sleep train, others don't – so it's a decision that's entirely yours to make. Don't be swayed by what other people are doing – think about what feels right for you and your baby. The techniques are not set in stone and you can adapt the methods to make them as slow and gentle as you wish.

★ Gradual withdrawal

First of all, work out what you are doing that your baby is dependent on to fall asleep, like rocking. Then stop doing it as gradually as feels

comfortable for you.

Be sure to give your baby lots of support in other ways.

For example, you would still stay with him, keep your hand on his tummy, and make a 'ssh' noise. The important thing is that you're slightly less involved than before. Keep that up for three nights. Then make another small withdrawal. If you had been keeping your hand on your baby's tummy while he nodded off, stop doing that but remain sitting next to the cot while saying 'ssh'.

Three nights on, try moving further away from the cot and maintaining the 'ssh'. Three nights on again, say 'ssh' from outside the door. Gradually, your baby will get used to getting himself to sleep with less and less input from you. It usually takes between seven nights and three weeks to see results, but it suits many parents as it's a very gentle way of helping their baby self-settle.

NINE TO twelve months



WHAT YOU NEED TO KNOW

When your baby is nine months old, she'll be having just two naps a day: 30 minutes in the morning (around 9.30am to 10am) and a long lunchtime one at around 12.30pm that lasts between two and two-and-a-half hours.

SEPARATION ANXIETY

At around nine months babies go through a developmental stage that commonly causes separation anxiety and this can disrupt sleep. Your baby now understands that you can leave her, but she doesn't know when you are going to reappear. If your baby is frightened without you, it can be hard leaving her for naps and at bedtime.

Tips

Your baby may learn to stand at this age, but it could interrupt her sleep if she pulls herself into a standing position in her cot but can't lie back down. Encourage her to practise standing up and sitting down during the day.

Try not to amplify her worries by behaving as though there really is something to worry about. Be reassuring but consistent – and stick to your routine. Stay calm, but don't cuddle her to sleep because she'll start to expect and want that every night. If it helps, sit beside her cot until she's calmer, then move and sit closer to the door. Then say, 'Sleepy time darling' and leave the room. Do that as much as you need to in order to build up her confidence. During the day, play peekaboo, or hide blocks under cups to show

your baby that things do come back. If you need to be away from your baby, don't creep away. Tell her where you're going, be gentle but firm – and go!



WHAT YOU NEED TO KNOW

At 12 months old your baby will still be having two naps a day. The first should be a very short morning nap of 20 to 30 minutes, and the second a longer nap of two- to two-and-a-half hours, starting at 12.30pm.

Don't miss the short morning nap as it's necessary to help your baby get through to his lunchtime nap. Without it, he'll struggle to get past lunchtime without getting overtired. He'll then struggle to relax, which could mean the lunchtime nap is shorter than he needs, and he'll be exhausted by bedtime. The other common sleep trap parents fall into is letting the morning nap go on too long, so it can be harder for him to have a long nap at lunchtime. This, again, leads to overtiredness at bedtime.

WHEN TO DROP THE MORNING NAP

Around the age of 16 months, babies start to drop the morning nap. Be aware of the signs that your baby doesn't need that nap any more: it becomes hard to settle him for his lunchtime nap; he's harder to settle at night because he's getting too much daytime sleep; or he's waking early and making up for it with the morning nap.

When your baby first drops his morning sleep, you may notice him getting overtired before the lunchtime sleep starts. If that's the case, bring the lunchtime sleep forward,

starting it at 11am. Then, every few days, push it five minutes later. Keep doing that until you've got a start-time between midday and 1pm. Whenever you start the nap, it still needs to be around two hours long.

KEEP THE LUNCHTIME NAP

By the time your baby is two years old, his lunchtime nap will probably have naturally reduced in length to one hour, although some do still need longer. Most children will continue to need this nap until they are three. If your little one is one of the rare children who really does need less sleep, you'll be able

to tell because he'll be fussing – over a period of a few weeks – at bedtime as well as at nap-time. And, when he misses his lunchtime sleep, it won't affect his behaviour. If that's the case, drop his lunchtime nap.

CONCENTRATE ON YOUR CHILD

Be aware that by around 18 months, the amount of sleep toddlers need varies from child to child. Some will still need a lunchtime nap that lasts up to two hours; others will only need an hour. Don't compare your little one with his friends. Instead, think about how he seems when he's

awake: is he alert and refreshed? Is he settling well at bedtime? Is he waking up at a good time in the morning? If he is, he's getting the sleep he needs.



Mums often get pregnant with their second child during this year. This can be unsettling for a toddler and can affect sleep. So for the three months either side of the birth keep a normal routine, and avoid things like potty training.

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Real reviews from real mums:

What did you like most about the product?

I was really excited to try the Mother&Baby Gold Collection mattress. Without a doubt, my favourite feature is the probiotic 100% natural anti-allergy protection. We have a cat in our house so I love the idea that this mattress can clean cat allergens! With the usual new baby anxieties, I'm so keen on making sure my little one's environment is as natural and clean as possible.

★★★★★ (Louise from Amersham)

Are there any changes that you would make to the product?

No, the manufacturer has thought of everything! I can't fault it.

★★★★★ (Jo from Southampton)

Do you think the product is of good quality?

So far yes I think this is a good product and would recommend this mattress to other parents. My daughter is sleeping through. No indents where she has been sleeping so far or any signs of wear and tear.

★★★★★ (Kimberly from Staffordshire)

What did you think about the design of the product?

It's lightweight which made it easier to put on a new bed sheet, and I love that the cover comes off to be washed! The mattress is also quite thick, my baby loves sleeping in my bed more than her own but when she tried this one she slept much more in it, maybe because it felt more like my bed.

★★★★★ (Megan from Spalding)

Would you recommend this product to others?

100% in fact, I already have.

★★★★★ (Amanda from Rushden)

Would you use this product again? Why?

I would definitely use the product again as my son had such a long comfortable sleep on it. I was apprehensive to try it at first as we already own a high quality mattress and I worried that changing it would affect his sleep, but much to my surprise he had the best ever sleep on it.

★★★★★ (Natasza from Peterborough)



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