



9 Months



**9 MONTHS OLD**

# Baby SLEEP CONSULTANT

9 months old



## Prepare for movement

Standing, crawling, rolling, these are all about to affect your sleep.

## Increase your solids

Solids are an important part of your babies diet by 9 months.

## Drop your night feeds

Most 9 month+ babies don't need a night feed.



## *About the Author*

Emma is the founder of Baby Sleep Consultant NZ/Aus, a certified infant and child sleep consultant, happiest baby on the block educator and trains sleep consultants internationally. Emma has her own 3 children, and understand the struggle to get enough sleep is leaving many parents in today's modern world stressed and struggling to cope.

Emma's studies in biology at the University of Auckland have led her to strongly believe that sleep is a necessity not a luxury. Sleep is responsible for regulating your mood, and appetite, it is the time where your memories move from short term to long term you're your babies, who is learning a lot of new skills each day!)

Sleep is when the brain cleans itself, and your immune system strengthens, it's no surprise when you are tired and run down, you get sick.

Sleep is when your children grow, and your cells repair themselves!

Good sleep can improve post-natal depression symptoms, and lack of sleep can bring on PND.

Wanting to focus on improved sleep is not a selfish want as a parent, both you and your children will benefit from better sleep.

Please don't hesitate to get in touch or check out our website for more sleep help. [www.babysleepconsultant.co.nz](http://www.babysleepconsultant.co.nz)



## *Emma Purdue*

Emma is the owner and founder of Baby Sleep Consultant, she is a Certified Infant and Child Sleep Consultant, Lead Educator for Baby Sleep Consultant Training, Happiest Baby on the Block Educator, has a Bachelor of Science and Diploma in Education, she is a Gentle Sleep Expert and Mother of 3.