



Sleep Products



**REAL CASE
STUDIES AND
SLEEP TIPS**

Sleep Products



Baby SLEEP CONSULTANT

SLEEP PRODUCTS, DO THEY HELP OR HINDER YOUR CHILD'S SLEEP.

Today's market is swamped with sleep products; you only have to follow a few baby stores on social media to get a taste of what is available. Products that claim to fix every possible sleep problem conceivable. This market can be over whelming, and parents can end up spending a lot of money on unnecessary products, or give up on a product too quickly, and therefore look to repurchase without ever addressing the underlying reason your child is not sleeping.

A lot of the time a sleep product is a tool; it is not a drug or medicine which will physically make your child sleep. As with all tools, you need to know how to effectively use the tool to solves your child's sleep problem, or the tool is no use.

Think about it, you wouldn't buy a weight loss cook book and expect to lose weight, the cook book is just the tool, as is the sleep trainer clock, or the sleepytot bunny.

Hopefully over the next few pages we will explain to you which tools we here at Baby Sleep Consultant have in our kits, why we like them, how we use them, and some real case studies where these tools have helped us help clients.

Included in this book are age appropriate awake windows, some sleep tips, and a chart to refer to when considering a sleep product, in terms of the age and stage it will be most effective.

Lulla Doll

Let's start with the Lulla doll since she is why you got this e-book!

The Lulla doll is a comforter/lovey which can be beneficial in creating positive sleep associations in your child's sleep routine.



A positive sleep association is one which allows you to impact on your child's sleep in a positive way, and one which doesn't require you as the parent to be there constantly. In theory as long as your baby or toddler doesn't throw Lulla out of their bed/cot you won't have to get up to replace Lulla at the end of a sleep cycle, in the same way you do have to keep rocking a baby back to sleep.

She absorbs a parents smell due to the fabric she is made of, this is important as smell is a strong association for babies when it comes to comfort and sleep.

I always recommend allowing your babies comforter/lovey/cuddly to get a bit smelly, if you wash them every day, your baby is less likely to get attached. If you have several which you rotate, allow the second one to start to smell familiar before you remove the older one to be washed.

Lulla also plays a continuous sound of a mother breathing and she heart beat for 8 hours. This is important, as we want to the environmental conditions to be the same when you baby goes to sleep, and when they wake from a sleep cycle. This continuous noise means your baby is more likely to go back to sleep, due to the fact that as far as they are aware, nothing has changed.

Compare this to a baby who is held against your chest to fall asleep, they also can hear your heart beat and your breathing, but when they wake, if you have popped them back in the cot, this sound is missing, and they will likely cry to communicate to you that they are looking for this environment to get back to sleep.

Lulla is not loud enough to be your best option for white noise if your baby is very upset, but we will talk about white noise CD's/Apps and Shushers later on.

Lulla is a tool, she is a perfectly designed sleep companion and sleep aid, but if your baby is not sleeping and Lulla is not helping, it is time to look for the underlying reason your baby is not sleeping and how Lulla can be incorporated into that solution..

Can your baby over 4/5 months self-settle? If they are under this age, then Lulla can be strapped to the side of the cot and you can use hands on techniques to get your baby to sleep in the cot, like patting and shunting. At this age, the Lulla will help make that consistent sleep environment and help your baby to stay asleep for longer and fall asleep easier. After this 4/5-month age, we can look to unswaddle your baby and the Lulla can become their comforter which they will hold to fall asleep.

If your baby over 4/5 months can't yet self-settle and is still reliant on you to assist them 100% to sleep, then working with a sleep training technique that doesn't compromise on your parenting style, using Lulla to establish some positive sleep routines and associations and an awesome environment is what's going to change your little one's sleep patterns.



“WE HAVE HAD LULLA FOR A WEEK WITH NO IMPROVEMENTS IN MR 9 MONTH OLD’S SLEEP.

WE ARE FEEDING TO SLEEP EVERY 2 HOURS OVER NIGHT.

AFTER TRYING SOME PICK UP PUT DOWN WITH A FEED TO CALM LAST NIGHT AT 9.30PM (IT TOOK 40 MINTES) HE SLEPT UNTIL 3.30AM. “

HE IS NOW USING LULLA AS HIS SLEEP

Baby Baxter 12 Months' Old

Baxter was hooked on being rocked to sleep, he would wake every 1-2 hours overnight and was taking only 1 short nap a day when we went to spend the night with him.

Mum was returning to work in a fortnight, and was incredibly concerned with the lack of sleep, just how she would do her job.

The family had purchased Lulla, as well as a new sleeping bag for Baxter and were keen to stop rocking Baxter and teach him to self settle and sleep through the night.

Because Baxter wasn't feeding overnight, we didn't have to wean off any feeds, as there was no habitual hunger to be concerned about. Mum had started rocking Baxter when she decided to night wean at 8 months, and had never progressed past this stage, even though her initial intention was to stop rocking by putting Baxter down drowsy after a couple of weeks.

The problem with this plan at 8 months old, is that your baby is VERY aware this age, they know what they like and don't like, and are not easily assisted to sleep in their cots.

I find that rocking until drowsy and progressively weaning off this process works a lot more in the first 16 weeks than later.

Rocking until drowsy for some babies, can be confusing and quickly escalate into a situation of intermittent reinforcement, where mum tries to rock until drowsy and then lay the baby down, but mum finds the baby gets upset and doesn't go to sleep, so after several attempts, mum rocks until fast asleep, and there we have the inconsistent reinforcement of the pattern we are trying to change.

So our plan for Baxter was cold turkey no more rocking, establish some positive associations with going to sleep, such as the Lulla Doll and his sleeping bag. These cues were incorporated a week before we arrived, so Baxter associated these things with going to sleep.

We then had a discussion around sleep training, and the parents of Baxter both agreed since they had 2 weeks, they felt most comfortable with a gradual withdrawal process. This is similar to camping out, it allows us to stay with Baxter as he falls asleep, but we don't rock him. We rely on mums touch, proximity, and voice to reassure and soothe Baxter, but not to put him to sleep.

Baxter took a full hour to fall asleep at bed time the night we stayed with him. Mum found the first 20 minutes most difficult, but by the 40 minutes' mark Baxter was holding his Lulla Doll by the hand, and was no longer standing up so frequently.

Once mum stopped taking and quietly singing to Baxter at the 45 minutes mark he was only intermittently crying, and he could hear Lulla. Her noise was there while he was crying, but the best part was now that he was actively falling off to sleep, the heart beat and breathing sound Lulla was making was both reassuring and consistent. This meant when he woke after a partial or full sleep cycle overnight, the conditions would be similar to when he fell asleep, as we would be more successful at removing mum from the settling process.

Baxter woke after midnight, but we had a quick look on the monitor and after 20 minutes he was back to sleep clutching Lulla. We didn't have to go in.

Baxter woke again around 5am, and this time mum used her bedtime technique again. He was back to sleep within 30 minutes and had to be woken at 7am, he was fast asleep!

You can see from this scenario, that the sleep association of being rocked to sleep, needed to change in order for Baxter's night wake ups to be reduced. Baxter was sleeping 12 hours a night by night 8 and we started to work on his naps in week 2.

Lulla provided the perfect sleep companion to replace Baxter's mum who was his previous association.

Sleepytot

I was introduced to the sleepytot around 3 years ago, and he has helped me help so many clients who are stuck doing endless dummy runs.



Avent tried to solve the issue of finding your babies dummy by making glow in the dark dummies, but the light in them doesn't last all night, and anyone who is doing dummy runs at 2/3/4/5am, knows that the dummy doesn't stop falling out after midnight!

The reason sleepytot works is that he is designed to hold 4 dummies in his paws, so he is superior to any other dummy holding toy which only holds 1 dummy and your baby has to find that one dummy each time they find the toy. I often find clients babied will rotate through all 4 dummies overnight, not just the same one.

Once your baby is old enough to send their dummy to the dummy fairy, they are left with a soft snuggly comforter who will keep sleeping with them right through until 4/5 years old.

I find children who sleep with a dummy without a comforter attached to it, or without a separate comforter/cuddly/lovey become so attached to their dummy that removing it in toddlerhood is that much trickier as we are trying to introduce a new association at 2 or 3 years old.

I mainly use sleepytots from 7 months onwards. Lots of parents have success at younger ages, but I prefer to wait until I know the baby doesn't need a swaddle, and I am confident they have the coordination to find and replace their own dummy easily overnight.



Baby Lucy 8 months' old

Lucy was 8 months old when her parents rang us to book a phone consult. She was still swaddled in a love to dream swaddle, and needed her dummy to fall asleep.

Lucy's parents had put off calling us, as they feared we would say to throw out her dummy and they couldn't deal with the drama. (FYI it's never as bad as you imagine ditching a dummy early on).

But we actually advised they hold onto their dummy and instead purchase a sleepytot to hold the dummies in the bed for Lucy and aid her in the find and replace technique.

We suggested that we also swap Lucy's swaddle for a sleeping bag, as I feared she might be getting cold leading into winter, and I was very concerned she would roll in the swaddle shortly, plus she needed her hands free for that dummy!

Lucy was also still having 2 breastfeeds a night. So mum was getting up to feed twice a night around 10pm and 2am, and dad was getting up to replace the dummy around 4 times. Lucky for dad Lucy was in mum and dad's room, so he didn't have far to reach!

This dummy replacement was the only reason Lucy's parents had kept her in their room, and they desperately wanted her in her own room and sleeping at least 4-6 hours without needing a feed.

We discussed that fact that at her age and weight, and with some tweaks to her diet in the day, she wouldn't need any feeds overnight. But mum had struggled to maintain a good supply in the early months when Lucy dropped her night feeds for a few days, and therefore mum was more comfortable with 1 feed a night.

We set about teaching Lucy to use her sleepytot, we spent a few days placing it in her hand and guiding it to her mouth, and a few days only putting it in her hand, and then a few days not picking it up for her. This is where the sleep training kicked in, and mum and dad opted for 10 minutes of crying before they went to show Lucy where the bunny was.

She quickly began to find it herself, only ever needing 20-30 minutes to find it and fall back to sleep.

Within 3 night she was only waking after midnight for her feed. Mum would put her back to bed with her bunny in her hands and she would put her own dummy back in.

Naps proved to be a bit harder to crack as they sometimes are, and the combination of a tired mum and not so tired Lucy (she was getting more consolidated sleep now at night, so had extra energy to fight her naps!), meant that we swapped to assisted morning nap for a few days, just to remove some of the stress from the days and get mum and Lucy back on track.

Sleep training definitely doesn't have to be all or nothing!

Baby Shusher

This little pocket rocket is one amazing invention! It is designed to replicate the shushing your baby hears in utero, which we all instinctively do when a baby is crying.



It plays for 15 or 30 minutes and is designed as a settling tool, not a white noise machine. I did have a client once who was waking every 30 minutes to re-set the baby shusher, this is not advisable!

You would use the shusher as you settle your newborn to sleep, with patting or rocking, or feeding etc. The shushing will help them stop crying and concentrate on falling asleep. Especially when combined with swaddling and side settling.

I suggest as you are about to leave you give the shusher one big click off and on again, this will give you another 30 minutes of shushing to ensure your settling hasn't been futile.

When you use the shusher in older babies, simply reset it each time you come to check and console your crying baby. If you are staying in the room while you sleep train, you can keep turning it back on, so once you leave your baby gets a 30 minute period of shushing without you in the room. So the environment doesn't change too drastically with the removal of the parental presence.

I know the shusher is designed for newborns, but in all honesty mine lives in my 4.5 year olds room, he loves it when he is overtired or just not in the mood to sleep. He requests it!

As a sleep consultant I have been through about 6 shushers as I leave them with clients, or lose them at public talks. I think the fact that someone might pinch my shusher from a talk is indicative of just how popular and amazing as a sleep product they are!

If you are weaning off any other association, such as feeding or rocking, bouncing or holding to sleep. A shusher or white noise CD will go a long way in improving your chances at success.

You are creating an awesome sleep environment, and the shushing sound does actually help lull your child off to sleep. Boy did I get thirsty shushing my newborns before the shusher was invented.

As with all sleep tools/products, even the good ones will have people who the product didn't work for, and baby Ella was one of them.



Baby Ella 20 Weeks Old

Baby Ella was cat napping (waking after 45 minutes), all day long. This combined with waking 2 hourly overnight was driving mum crazy.

Ella was 20 weeks old and had 2 older siblings. The fact that she was a third baby meant that mornings were crazy busy in Ella's house, and nights were for sleeping, mum needed sleep to parent her older two children, but she wasn't getting it.

After speaking to Ella's mum, it was clear to me that mum was concerned Ella was going to wake her siblings overnight, so she was responding very quickly to settle Ella back to sleep.

She felt she couldn't have a day routine, like she had with her older two, as she was always out of the house doing the school drop off and pick up. She felt this was contributing to Ella's cat napping and I agreed.

I felt Ella was getting progressively more and more over tired due to the constant short naps. She was kept entertained by her siblings, but if not she was very grumpy in the afternoons, often awake from 3pm until 7pm. This was far too long for a 20 week old to be awake, especially as she then woke 2 hourly overnight.

We worked out a routine that meant Ella had a cat nap in the pram on the way to school in the morning, she was awake by 9.30am at home, and this was fine as it meant mum could go out with Ella to get jobs done, or run errands.

We focused on a consolidated lunch nap, this meant she would be awake by 2/2.30pm and give mum time to get Ella off to school for the pick up a 3pm.

Mum had been given a shusher when she was pregnant but hadn't used it after a few weeks as she felt it made no difference to Ella's frequent wake ups. I explained how beneficial it would be as we sleep trained Ella, especially in the pram on the walk to school. It was 100% portable and would mean her brother and sister wouldn't keep her awake!

We used it in combination at lunch time with some pick up put down, a gentle in the room technique. Mum would re-set the shusher each time she left the room (once Ella was asleep), and this helped Ella learn to self-settle.

Overnight, we used the same technique, but also downloaded the shusher app to mums ipad, we put this outside the door of the bedroom the older kids shared. We turned this on once Ella woke at night. This meant mum wasn't worried about the crying Ella was doing waking the other children, and this allowed her to confidently be consistent and really focus on the sleep training.

Within 2 weeks Ella was in a settled routine, and only waking to feed once a night.

She regularly uses her shusher to take her morning nap in the stroller, and if she stirs overnight mum finds 30 minutes of shushing gets her back to sleep with no tears and no parental assistance.

But you can see, Ella needed to learn to self-settle, and she needed a routine that would work with her family life.

Swaddling and Sleeping Bags



Swaddling and sleeping bags are the fundamental sleep products every baby needs to have a good night's sleep.

There are so many options these days when it comes to swaddles/wraps and sleeping bags, it can be hard to know what to look for!

Swaddling is best from birth to 4-6 month old. Swaddling will protect your baby from waking from their own startle reflex. There are a few rumors circulating around swaddling and wrapping being bad for your baby. As long as you don't over heat your baby, wrap them so tight they can't breathe or move their hips, or wrap them so their swaddle can come lose over their face, they will be fine. It is with these concerns in mind, that I love the miracle blanket, the ergo pouch zip up swaddles, aden and anai muslins and the merino kids merino newborn swaddle.

The fibers, design and materials of the above swaddles, means they are safe and effective.

Between 4-6 months it's time to move on from swaddling, not only is your baby ready to learn to use their hands to start to settle themselves, they will roll soon, and can become frustrated by continued swaddling. Their startle reflex will disappear between 4-6 months, it's the perfect time to swap to a sleeping bag.

Both swaddles and sleeping bags create those positive sleep associations we have been talking about. You use them for every sleep, day and night, this way your baby associated the bag or wrap with falling asleep, and thus they start to expect they are going to sleep, and this nice easy recognizable pattern of sleep signals will be reassuring to your baby, as they will understand what is going on.

A sleeping bag from 6 months through to 3 or 4 years is also the safest option for your baby. A bag means you can ensure your baby is nice and warm without dangerous blankets and sheets in the cot. It also ensures they are warm all night, as we all know once your baby is rolling, the do not keep still!

I suggest keeping the sleeping bag until your baby moves into a big bed. it's a nice association to move with them in that time of transition and helps them stay warm when they still might kick their covers off.

I have had numerous clients where the move from sheets to a sleeping bag have instantly helped their baby sleep better. Don't under estimate how cold your baby is getting at 3am when they have kicked all their blankets off.

A well-fitting sleeping bag will mean your baby doesn't get frustrated, can move freely, and will sleep well. A toddler should be able to walk in their sleeping bag; it shouldn't be restrictive over their hips or legs.

I love the merino kids sleeping bags and the ergo pouch bags, both use awesome natural fibers and come in great sizes.

Sleep Trainer Clocks



Sleep trainer clocks are another great tool when it comes to children's sleep.

Often parents don't buy a sleep trainer clock until their toddler is waking early in the morning, and they are frustrated.

By this stage, the parents are often after a quick fix, so the clock is purchased, plugged in and set for 7am.

When the toddler doesn't sleep until 7am, parents either beg, bribe, cry, get angry, or sometimes give up, thinking the clock didn't work.

But like Lulla, the clock is a tool and it's how you use it that will determine how well it works at solving your problem.

If you are making the move to a big bed, a sleep trainer clock is a great purchase to make at this stage. Your toddler will be in good sleep habits and the clock will help you positively reinforce these habits.

If your toddler is waking early, set the clock for their usual wake up time, and reward with praise and enthusiasm, (maybe an m&m) when they manage to sleep until their clock is “awake”! Don’t tell them it’s early!

Then every few days move the time a little, this way your toddler gets to experience that positive feedback loop which praise and encouragement starts. That feeling will help when you have to start some consequences for when your toddler doesn’t stay in bed until their clock is awake.

Start with small achievable goals, reward quickly and with lots of enthusiasm. Then set some clear boundaries around what you expect.

If your toddler keeps getting up, don’t disappear we do toddler consults, not just babies!



Toddler Alex 3 Years' Old

Alex was 3 years old when I went to see him for a bed time home consult. He had a low toddler bed on his floor, a yellow bunny night light, and a gro clock in the lounge.

Alex was dependent on mum to lie down with him to go to sleep, mum was working long hours in a corporate job, and come 7pm was craving some alone time with her husband, time to eat her dinner and de-stress after work. Instead she was lying with Alex for up to an hour to have him fall asleep. Alex then woke numerous times over night looking for his mum to lie down with him.

Alex had a sleep trainer clock, but mum said it didn't work and he still woke early, and overnight.

We decided to leave it in the lounge as it was very bright and Alex already had a night light. We showed Alex how we would set it and how the sun would come up and it would beep when it was time to get out of bed. We established that Alex loved paw patrol and would do anything to watch an episode on the ipad.

After discussing how tired mum was with Alex, and that he was a big boy and mum now expected him to sleep on his own until his clock woke up. We told Alex if he could do this, then he would get to watch paw patrol in the morning while he had breakfast, but if he did get up, then his mum would not be lying down with him anymore.

Clear boundaries and expectations for Alex, with clear rewards too.

Alex settled that very night with no one in the room, and no tears! He basically slept through from night one, and got his reward in the morning of watching paw patrol.

I had mum follow through with lots of praise and encouragement to ensure the new habits were lasting, and they were!

A simple case of needing to know how to make the sleep trainer clock work for your child.

White Noise



This is probably one of my favorite sleep products, it doesn't even have to be something you have bought, it might just be a free app on your phone, and some blue tooth speakers, or it might be a radio on static, it could be your vacuum cleaner, but I don't recommend this! They are expensive to replace when you blow them up!

White noise is background noise, babies like it deep and rumbly, they are not big fans of rolling waves or anything you listen to at yoga. They prefer a rain storm, or straight up static or shushing! It needs to be as loud as your vacuum cleaner, but again don't recommend your actual vacuum cleaner! It should be able to play continuously while they nap, and if you are having any settling issues overnight play it all night too.

It is easy to wean off, you can simply turn it down over a few weeks!

If you are contemplating any sleep training and your baby is under 12 months old, then white noise is an awesome addition which simply helps create the perfect sleep environment and increase your chances at success.

It helps trigger the calming reflex in newborn babies, and stops them from crying for long enough to become responsive to your settling techniques.



Baby Briar was 7 Months Old and had Never Slept Through the Night.

Briar was the youngest of 4 in her family. She was born 4 weeks early and had given mum and dad a bit of a fright with some early medical issues. By 7 months she was a thriving healthy little baby girl, no more medical issues, but... She has picked up some less than desirable sleeping habits.

She was waking each night around 9pm and then again at 1am, and 3am and trying to start her day between 5-6am! This was taking its toll on mum who had 3 other children to look after, and her husband was concerned that this wasn't sustainable long term.

Mum had tried to let Briar cry it out, but since she was her last baby, just didn't have it in her for the tough love approach. She was concerned her crying would wake the family, but at the same time knew she needed to change the current situation.

We went to stay the night and had a big chat with mum around Briars current sleeping habits. She was still in her love to dream swaddle despite starting to roll during her play time in the day. Mum was either feeding or rocking Briar to sleep over night. She kicked the night off with a dream feed at 9pm, but by 3am, she was trying to rock Briar or she would refuse to feed until 10/11am!

We removed Briar's love to dream swaddle, both for safety, but also to encourage her to use her hands to self soothe. We explained to mum that the feeding and rocking to sleep was why Briar was waking so frequently. Mums 9pm dream feed had turned into Briar waking at this time for a feed, and we knew this also had to be dropped to encourage Briar to get into her first deep phase of sleep between 6/7pm and 11pm.

Removing so many associations at once can be tricky, BUT we introduced 2 new associations. White noise, and a cuddly! The white noise was just a free app on mums iphone and some cheap plug in speakers to get the volume right. We settled on heavy rain with a background of strong wind. Basically a storm!

Mum chose to use pick up put down to settle Briar instead of feeding or rocking, and we discussed time frames around when to pick up, when to put down, when to offer a feed and when to just wait Briar out.

We coached mum through the bed time settle, and this went well. Briar settled in around 25 minutes, she was very drowsy after her feed, but definitely went to bed awake. We dropped her dream feed and Briar didn't do her usual 9pm wake up. She woke after 10pm, and we settled her back to sleep using the same technique with her white noise going. This time she took 40 minutes to settle. We had a goal time of 11pm for her feed, so we knew if she didn't settle soon, she would have a feed and go back to bed.

Mum was pretty surprised she fell asleep without a feed, and then didn't wake until 2am! As much as everyone's sleep had been broken Briar was doing amazing. We gave her a full feed and popped her back to bed drowsy but awake, and at this point I turned her white noise up a fraction, as I felt it wasn't quite at the optimal volume.

Briar didn't wake again until 6.15am, which was great for the entire family to have had that 4 hours sleep in a row from 2am.

Over the week we worked together Briar quickly started sleeping easily until 7am, and was only having one feed around 2/3am and she was no longer being rocked. We decided to keep her 2/3am feed as she was a slow starter with solids and was only just moving onto protein now, and her meal sizes were pretty small. Being mums last baby, she was content to have that quiet snuggle time overnight with Briar too.

Age Appropriate Awake Windows

Age	Awake window	Number of naps
0-6 weeks	1-1.5 hours	3 or 4
6-12 weeks	1.5-1.75 hours	3
12-16 weeks	1.75-2 hours	3
16-24 weeks	2-2.5 hours	3
6-8 months	2.5-3 hours	3 dropping to 2
8-12 months	2.5-4 hours	2
12-18 months	2.5-4.5 hours	2 dropping to 1

These are a guide only, and all babies are definitely different! But if your baby is struggling to sleep, awake windows are a good place to start. If your baby naps too much, they might wake frequently and be very playful at night. If your baby is over tired, they will probably wake from a nap crying, and then quickly become tired again, or struggle to nap throughout the day as their over tired hormones kick in.



Sleep Product Guide

Product	Introduction age	Weaning age	Positives?
Lulla Doll	Newborn if strapped to the cot. 4-6 months as a sleep companion to hold	Toddlers will love this for years to come. 4-5 years they will probably lose interest.	Creates a continuous sleep environment for 8 hours, positive sleep associations develop
Sleepytot	Once your baby is unswaddled and can start to hold the sleepytot	Around 2.5-3 years wean the dummy and keep the bunny until 4-5 years old.	Helps baby find and replace own dummy, positive associations develop
Dummy	Newborn – 8 weeks	3-6 months or 2.5/3 years	Helps with colic, wind, reflux, settling a sucky newborn. Triggers calming reflex.
Shusher	Birth – 6 months	12 months – 4 years!	Triggers calming reflex, and helps with settling, and positive associations develop.
White noise	Birth – 12 months	12 months	Helps baby stay in a deeper sleep for longer. Positive

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			associations develop
Swaddle	Newborn 0-12 weeks	4-6 months	Positive sleep associations develop, and triggers calming reflex.
Sleeping bag	Newborn – 6 months. (but never too late!)	3-4 years (get a toddler bag!)	Safe, warm, and positive sleep associations develop
Safety sleep	0-6 months	6-8 months (before baby starts standing).	Can help with swaddling if you struggle
Lovies + cuddlies	4-6 months, at the same time as you wean off a swaddle.	Toddlers will love this for years to come. 4-5 years they will probably lose interest.	Positive associations develop. Babies develop self-settling skills.
Sleep trainer clocks	2-3 years	Useful as alarm clocks for primary aged children.	Visual tool to indicate when its appropriate to get out of bed.

Will A Sleep Product Solve All My Sleep Problems?

I'm a big fan of having a plan, a sleep goal and an idea on the process's you need to go through to achieve that goal. Often this plan could include a few of the sleep products mentioned here, or even include weaning off some previously used sleep products.

Knowing how to successfully use the sleep product you have bought will increase your chances at success, so have a think about why you have bought a certain product. What part of your baby or toddlers sleep are you aiming to change, and how will this product help you get there.

If your baby is dependent on a negative association to get to sleep, you will probably have to use some sleep training as well as introduce some of these positive associations to change your child's sleep habits. So don't feel discouraged if the product you have bought hasn't changed anything in your house yet. Keep using the product, it's probably creating a positive association between your child and sleep, but have a think about some sleep training.

Sleep training in my opinion doesn't = cry it out. Sleep training is about addressing the environment as we have mentioned in this book, looking for clues in your child's day routine as to why they sleep the way they do. Making routine adjustments, diet adjustments, removing negative associations and then using a behavior modification technique to change the way your baby or toddler falls asleep. This can be as gentle or as traditional as you like, the winning formula is one which doesn't compromise on your parenting style or values, and is one which you feel you can consistent with.



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



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.