



6 TIPS FOR HEALTHY SLEEP IN A NURTURING WAY

Start by improving sleep hygiene

An introduction



Hi, I'm Karina

I'm the founder of Calm Sleep, Holistic Sleep Coaching and lover of seafood, wine, dark chocolate and nature. I am a biologist and have been working with parenting education for the past 10 years.

I support sleep deprived parents achieve better sleep using a caring and holistic approach that takes a broad view of their baby's or child's needs, not just at night but throughout the whole day. I offer an alternative to traditional sleep training from birth to 5 years old.

I'm a mum of two lovely children, and know only too well how emotional sleepless nights are and how challenging it is to make decisions when we are that exhausted.

My mission is to help your child feel safe, calm and confident during the night in a way that feels right for you and to give you tools you can carry for a long time.

-about me



What is sleep hygiene?

These are habits that can improve your little one's ability to fall asleep calmly and stay asleep.

This might surprise some people, but good sleep is nurtured by what we do during the day as well as by what we do to actually fall asleep. Healthy habits in the day and at bedtime will help your little one have a calmer night.

Nurturing good sleep habits will bring life long benefits for health. It will also help you have a more calm bedtime where you can then concentrate on having peaceful and connecting time before sleep.

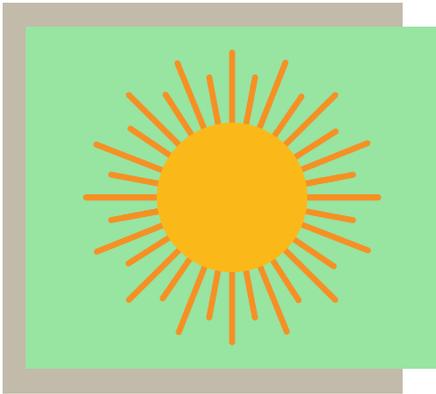
Key points:

- Work with your little one's body to make the most of sleep
- The environment plays an important role in regulating the rhythms of our body
- Good sleep habits will also help you sleep better



6 tips for healthy sleep

These tips focus on working with your baby's and child's own rhythm. As you can imagine, there are variations in how individuals respond to these stimuli so take your time to observe your little one with curiosity and to work out what is their individual rhythm.

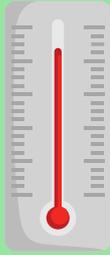


Light

Our bodies need signals from the environment to help adjust its internal clocks. Light is one of the very important signallers. It hints to our bodies that the active or inactive period of the day is approaching and as a consequence different hormones are released. It is helpful to have very different levels of this signal – so light and dark – for the body to receive a clear message about the change in environment and therefore kick start some hormonal changes (in this case, feeling sleepy, more relaxed and ready to rest).

How much natural day light your child gets in the day?

How dim is your house when your child is winding down to go to bed?



Adjust the temperature

The temperature of our bodies fluctuate throughout the day and night. Our little one usually feels warm or hot as they are going to sleep, but later on, in the early hours of the morning, body temperature drops and they usually feel colder.

Let your little one cool off after having a bath and remember they may need an extra layer later in the night.

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Optimise naps

Your little one needs a nap when they are tired and they also need to be tired enough before bed. Have a look at my website for a free nap gap guide you can use to gauge when your little one needs that nap. Where should that nap take place? Wherever it suits you and your little one.

In the car, in the pram or pushchair on the school run, in the sling, cuddled together with mummy, in the cot...

What activities make part of your child's bedtime routine?

Are they calming?

How consistent are you (and anyone else that helps your child to sleep) with the activities and the order that they happen?

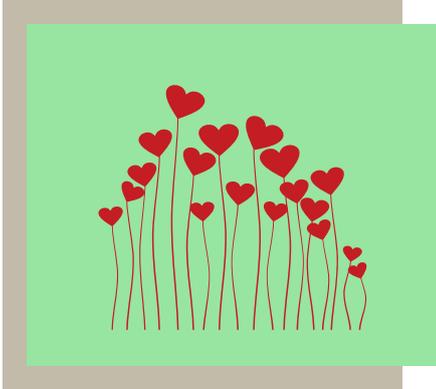


Exercise

Make sure that your little one is getting as much exercise as possible. You can help your younger baby by giving lots of opportunities to roll, sit, crawl, stand, jump and bounce, whilst older babies and children can be given age-appropriate opportunities to walk, run, climb and jump. Being physically tired can be all your little one needs to sleep better.

Can you come up with 5 new physical activities
your child can do?

Perhaps put together a simple living-room
Olympics



Fill their love tank

Sometimes children will play up in the night when they are missing their parent. This is really hard if you work in the day, or you have other children or responsibilities you need to take care of. What you can do is maximise the time you are with your little one. Perhaps get yourself organised the night before making lunches, getting clothes ready and so on. Also find an activity you can do where you can be with your little one when you are unlikely to be interrupted – turn your phone off, look them in the eye, smile, touch.

What short activity could you do to fill
your child's love tank
everyday?



Bed time routine

Ensure your little one has a predictable, soothing bedtime routine, where the same activities take place in the same order. It should be long enough to help your little one calm down but not so long that they lose focus and start playing. The younger the baby, the shorter the bedtime routine needs to be.

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TICK IT OFF TO KEEP ON TRACK

Start your journey to better sleep

- Plenty of time outside and dimmer lights in the evening
- Time to cool off before bedtime
- Naps well timed for your child
- Plenty of physical movement during the day
- Love tank full before bedtime
- Predictable and soothing bedtime routine

