



7 TIPS TO GETTING YOUR LITTLE ONE TO SLEEP THROUGH THE NIGHT



*To The Moon and Back
Sleep Consulting*

CONGRATULATIONS!

You've taken the first step in giving your child something SO important: the gift of a good night's sleep!!!!

If you have any questions at all after reading these tips please feel free to contact me directly (via my website).

Since you're obviously concerned about your child's sleep, I'd like to offer you a **FREE 20 Minute Evaluation** to help answer any questions you might have.

To schedule your call, visit me at www.tothemoonandbacksleepconsulting.com



If your baby or toddler is having trouble sleeping through the night, the first thing you should know is..... you are not alone!!

Studies show that up to 30% of babies have sleep problems, and that 75% of parents would like to change their baby's sleep habits.

The good news is that there are some quick and easy things you can do - starting tonight - to help your little one start sleeping all through the night... and taking long, restful naps during the day!

So, as promised, here they are:
**Seven Tips to Getting Your Little One to Sleep
Through the Night!**

1

Choose an EARLY bedtime...

The best time to put your baby or toddler to bed is sometime between 6 and 8 o'clock in the evening. This ensures that your child will be able to get a solid 11-13 hours of sleep during the night.

(And yes... that is how much sleep children should be getting every night up until the age of about 12.)

2

**Put your child to bed in the same place
every night...**

Whether your child has a room of their own or shares a room with parents or siblings, it's important that you put your son or daughter to sleep in the same place every night (and for naps during the day as much as possible.) Putting your child to bed in a familiar place lets them know they are safe and that they are in a place where sleep is expected of them.



3

Create a predictable bedtime routine...

Add a Consistency and predictability are really important to babies and toddlers. When they know what to expect at bedtime, it makes it *much* easier for them to make the transition from waking to sleeping - and that's why creating a bedtime routine is so important!

A good example of a bedtime routine might be something like this:

6:20 p.m. Bath time

6:35 p.m. Put on pajamas

6:40 p.m. Nursing or bottle

(NOTE: Do NOT let your child fall asleep while feeding!)

6:55 p.m. Story or songs

7:00 p.m. Into crib or bed



Your bedtime routine shouldn't take more than about 30-45 minutes, and it's VERY important that the routine is the same every single night. The repetition and predictability are what let your child know that he or she will soon be expected to fall asleep.



4

Put your child to bed **AWAKE**.....

If you've been rocking, nursing, or otherwise soothing your baby to sleep, this is going to seem like a tough one...

but it's actually the most important step!

It's only by letting your baby fall asleep **WITHOUT** your help at bedtime that he or she can learn the skills necessary to stay asleep through the night.



5

If your child wakes up during the night, wait a few minutes before intervening....

Everyone - babies and adults alike - will actually wake up several times every night. For most adults, these wakings are so brief that we don't even remember them the next morning. However, many babies will immediately start to fuss or cry when they wake up. This is simply because they haven't learned how to fall asleep on their own. If a baby has been nursed or rocked to sleep at bedtime since birth, it's not surprising that they wouldn't know how to fall asleep independently. The good news is that many babies can figure out how to get back to sleep within just a few minutes of waking up in the night!

If your little one is having difficulty getting to sleep and staying asleep on their own

[Book a FREE Sleep Evaluation](#)

6

Make sure your child's room is DARK....

One of the first things I ask my clients is if their little ones rooms are dark; and I mean **10/10 DARK!** If not, that is one of my first I recommendations, you need to make their rooms black dark for all sleep situations, all year long.

Having your child's room dark has **many benefits** when it comes to sleep. Darkness can help prevent early morning wake ups, help prolong naps, as well as help to maintain a much needed early bedtimes when the seasons change, just to name a few.

7

Use a White Noise Machine....

Although it might seem unnatural to create noise when you want your baby to go to sleep, remember: it wasn't exactly sound proof in the womb! Believe it or not, complete quiet can actually be more confusing to a newborn than background noise. Some of the biggest benefits of the white noise machine is that it helps to block out environmental noises that may prematurely wake them up, plus it helps children link their sleep cycles together so they fall back to sleep if they wake up.

This means their nap times will last longer and they will be less likely to fully wake in the night.

So there you have it... 7 tips that you need to know to get your little one sleeping through the night and how to set the stage for a good nights sleep and long restful naps!

Of course, it's important to keep in mind that every child is a little different - there's no "magic formula" that will work 100% of the time for every baby!

I work with amazing dedicated parents who love their children fiercely just like you.

The only problem is that it's often taking hours to get their little one to sleep only to have him or her wake up a few hours later and having to start the process all over again, naps are too short and sporadic. No one in the family is getting the sleep that they need to be happy and healthy. Mom and Dad are tired, frustrated and cranky. Everyone is fighting and no one has the time to recharge.

Together we will teach your child healthy sleep skills so they go to bed happily, sleep through the night and nap like a champ! You'll finally have your evenings back and get that much needed Me time!

If you'd like more information about booking a full-service sleep consultation with me the best thing to do is to visit my website

at: www.tothemoonandbacksleepconsulting.com

and book your **FREE 20 Minute Evaluation**

Happy Sleeping,

Erin Neri