

# "What To Do When Baby Won't Sleep"

Practical Things You Can Do Today To Get Baby Asleep

By

**Dalene Joubert**

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One of the best signs of a normal, healthy baby is her sleeping patterns and the amount of sleep she gets every day. Here are some invaluable tips for streamlining your baby's sleep patterns and ensuring some rest.

## A Simple Step That Works Every Time

There is some debate among parents about the best way to get your baby to sleep. Is it fixing a routine? Ensuring baby is dressed properly? Making sure baby's nursery is just right? Although all of these things play a role, there is one thing I believe every parent should check first.

But before we start... realize this:

Every baby has its own way of doing and experiencing things. These patterns are all somehow linked to feeding, sleep, behavior and mannerisms.

Sleeping is not a thing that you can force on your young baby.

Though most of the young babies in their first four or five months have a set pattern of sleeping, some of them may not really develop the habit of sleeping at the right time.

You could term these babies as sleep deprived babies and they tend to be very finicky and troublesome to their parents.

The best thing you can do under such circumstances is to **create and set up the right environment** that provides an impetus for your baby to go to sleep.

You will also need to help you baby to understand the importance of sleep and its benefits. Help your young baby to develop a healthy and clean habit about sleep.

The most important thing that you can teach your baby is to **let her know** that:

- Sleep is a wonderful, calming and refreshing activity
- Her bed is a safe, healthy and secure place to be in

Most of the parents tend to find the night-time parenting is a difficult task and this may be due to the fact that your baby is not sleeping properly during night time.

Though it is quite difficult to teach your baby (younger than 9 months) about the benefits of sleeping properly, you can still try to create a definite pattern around her sleep.

→ **In short:** Create and ensure the right environment

### 3 Simple Rules To Follow For Best Results

Find out where your baby sleeps best and without any trouble.

Most of us make the mistake of putting our babies to sleep in a place where they are not really comfortable.

Young babies up to the age of one year can sleep in any place they want and the first cozy place where they find their sleeping bliss is mother's lap; mother's lap is not only warm but also protective and secure.

Once your baby grows up and steps in to her second year, she will try to find the best place where she can sleep peacefully and without any hassles.

Some babies can sleep well in their crib, while others find their parent's bed to be the warmest nesting place. However, a majority of the babies simply love to snuggle very close to their mothers.

To make your baby sleep better and for the required quantum, you may wish to **follow these simple rules:**

- You may wish to keep **changing the sleeping environments and ambience** to your baby till she finds the most suitable place.
- Your baby will undergo several anatomical, psychological and biological changes in her body. These changes occur continuously from her birth until the age of five. **Be constantly on the lookout** for any changes that may affect her sleeping and adjust your routine to counter these changes.

In the initial stages, your baby may sleep well for most part of the day and night without waking up intermittently, unless she has some health problems.

But, as she grows up in her life, she may lose her sleeping patterns due to some unknown reasons. This strange behavior occurs sometimes during the third and fourth year of a baby's life. At this phase of her life, you will need to be very tactful and intelligent enough to persuade your baby to sleep.

- Let your baby feel the warmth and coziness of your bed for the first one year, especially during day time. Ensure that your **baby sleeps in her crib during the night**. This creates a health habit of sleeping independently during the night.

→ **In short:** Find the best place where baby can sleep peacefully and without any hassles

## Your 2 Best Options For Instant Sleep

Two of the best methods to put your baby to sleep is to **soothe** and **relax** her just before she goes to sleep. Also called, "**Parent-soothing method**", this is quite effective most of the times, unless there are some health problems with the baby.

As soon you find that your baby is getting ready to sleep, give her an opportunity to slowly and gently doze off.

A few soothing methods that still work very well are:

- Most usually by **nursing**
- Gently by **rocking**
- Singing **lullabies**, or...
- Any other simple **soothing and calming** method that works

By using these techniques, your baby gets several benefits and advantages:

- Your baby **learns and understands** the necessity for sleeping at the earliest.
- She develop **close bonding** with her parents and create emotional security through those moments of affection
- She also develops **deep trust and affection** for you

→ **In short:** 2 Of the best options for getting your baby to sleep is to soothe and relax her before she goes to bed.

## The Easiest Way To Get Results And Give Yourself A Break

If you're tired of struggling and finding anything that works to get your baby asleep, then here's what you need to do in order to give yourself a break.

Give your baby a chance to go to sleep all on her own and without your intervention.

Also called, "**Self-soothing Method**", this technique involves putting your baby down in her crib while she's still awake and allow her to sleep all on her own. Ensure that you are not there, but close by, when she eventually falls asleep.

This method offers several benefits and advantages for your baby and to you like:

- She develops a healthy habit of sleeping on her own and without your intervention. This is probably the first phase in her life when she comes to learn that **certain things** she will have to do on her own.
- This method offers you some **rest and a cool-down period** for setting your busy parenting life on a proper path.
- However, your baby may lose that trust and affection part of the parenting life. But, making your baby **independent** should be your top priority and main goal even if it means losing some affection and trust between you and the baby.

→ **In short:** Have you tried letting your baby fall asleep on her own? Not? Maybe, you should try it soon.

## 4 Things You Can Check Right Now If Sleep Routine Suddenly Changes

There may be some reason why your baby suddenly struggles to sleep at night. Said another way, there usually is very good cause why your baby who slept well at night suddenly struggles to do so.

Physical discomfort or mild illnesses are usually the most frequent reasons why baby changes her sleeping routine.

Here are 4 things to check when baby your baby's sleep routine suddenly changes:

- During the first few weeks, your baby may suffer from **blocked nasal passages** and **extreme cold**. Babies need clear and unblocked nasal passage to breathe properly. Your baby's nose can block for a number of reasons such as the presence of smoke, dust, sprays, even as a result of nasal deformities. To help you baby sleep without any interruptions, you will need to clean her bed room properly. Ensure good ventilation. A good air filter will help remove dust particles from her bed room.
- If your baby develops **teething** pain, especially during the first nine months, she will not be able to sleep properly. You can soothe and relax her by gently rocking her from side to side, giving her a pacifier or a very mild dose of prescribed medicine (consult your doctor) just before she starts to sleep.
- **Wet and soiled** diapers could make your baby uneasy and bothered and she may lose her sleep as a result. Ensure that you change her diaper regularly with new and fresh ones.
- Some **sleepwear and clothing** sets made of synthetic materials can act as skin irritants to your baby's tender skin. Check that your baby sleep wear is made of cotton or other suitable materials.

→ **In short:** Do these 4 quick checks is your baby's sleep routine suddenly changes.

## What You Should Never Overlook

An **empty stomach** can act as devil, depriving your baby her share of a good night's sleep.

On the other hand, stuffing your baby with a plateful of baby milk sounds good, but some babies may not like a **filled stomach** before going to bed. Others may simply love to go to bed with a filled tummy.

You may need to find on your own how much your baby likes to eat before going to bed. The trick is to find out how much is "enough".

The normal method is to feed your baby intermittently (every 3-4 hours) throughout the day and night so that it helps her to keep calm and quiet. Your baby should know that daytime is for play and feed, while the night is purely for sleep.

However older babies tend to develop the habit of **skipping and playing** for a long time during the day time.

This may result in a messed up feeding habit that forces baby to wake up during the night.

To prevent this bad habit, force feed her during the day time at least three or four times. Once she wakes up in the night for the first time, feed her fully and put her back to sleep again.

→ **In short:** One of the most common reasons for baby not sleeping is either being hungry or a too full tummy. Find out how much is "enough".

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Why? I wonder too. Because everything brings me some slight improvement in results - but mostly nothing spectacular.

Maybe you too feel the same.

But lately, I had the fortune to review a few DIFFERENT baby ebooks - and it opened my eyes to the reason why some of my results had been just so-so until now...

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Dalene Joubert