



Now you can help your baby to sleep and get your life back, today!

Sleep and Settle Secrets -April 2008

A Note from Natalie

Hi, it's Natalie from Sleep and Settle®, I want to empower you with confidence and practical strategies to improve your baby's sleeping, feeding and playing. I want to give you your life back!

I'm having a lovely time this week with my beautiful girls on school holidays. I'm combining work with a little down time after a busy two weeks of seminars which were great fun. I love empowering parents with the skills and confidence to understand their baby/toddler and have a plan to solve issues as they arise. I know so many parents doing the school holiday juggle with work and children and it is in the school holidays that I really appreciate working for myself and deciding my own hours (thank goodness for grandparents oxo). Of course the other side of the coin is that I don't have holiday pay and sick leave. Like I said it's a juggling act. One more week of movies after dinner, sleeping in, lazy days, shopping, going for walks and catching up with friends and then it's back to the school/work treadmill again. I just love not making school lunches, watching the clock, ironing uniforms and the homework, assignments.....!! I'm also one of those 'mean' mums who don't allow my children to watch television during the school week, only on weekends. I am really firm on this because they firstly don't have time to watch television with the homework and assignment workload but secondly it gives them time to read before bed, which we all know is so essential for making toddlers tired, well it works for children and teenagers too!! So my girls enjoy catching up on the shows "all of their friends are watching". (Yes, I am having secret talks with their mums and the friends are not always watching TV either!)

The topic for this newsletter is:

How to adjust your child's sleep routine from 2 sleeps to 1

This is a really common question and it is always a great idea to know what to anticipate and how you are going to handle these transitions. I understand that while we know our children may need two sleeps a day (at around 6 to 12 months of age), they take up much of the day and can make appointments, activities and the school run for older children quite tricky. It is sensible however to remember that while two sleeps may be sometimes inconvenient your baby will make you pay if they are overtired or miss out on the sleep they need. That is why I love car capsules (for flexible transfers between the car and other locations- see my link below) and encourage background noise on at home during sleeps, to enable your child to sleep through noise outside the home.

So, how do we know when our babies are ready to go from 2 sleeps to 1?

- Baby will start to refuse one or both day sleeps but not cope all day until the night sleep.
- or reduce both sleeps to 30-45 minutes

Once you can see this happening for about a week and you are convinced they are ready for 1 sleep, try the following:

- Decide on a sleep time and lock it in place. I suggest 12 md. Remember you need to keep the sleep in the middle of the day so the baby can cope after the sleep until bedtime at around 7-7.30pm.
- Once you decide to change to 1 sleep, it is important to keep one sleep and not swap between 1 sleep sometimes and 2 sleeps at other times. Your baby's body clock needs time to adjust and needs consistency for this to happen.
- Even though you may have been convinced that your baby was ready for 1 sleep, they will whinge in the morning at around 9-10am when they used to have a morning sleep and appear tired. I call this a 'hump' that you need to distract your baby through (outside is best for fresh air) until they get their second wind and can stay up until 12 md
- Your baby may whinge at 'hump' time for a few weeks to a few months until their body clock adjusts to the 1 sleep. Remember that if you allow 2 sleeps to creep in sometimes you will delay the baby coping with the morning and not whinging.
- Baby will probably have lunch at 11.30am

Tip: Remember that your baby needs to earn their sleep with physical activity, NO TV in the morning and great healthy family meals. Your baby should be so tired that they are begging you to go to sleep! If not they haven't earned their sleep and have spent too much time sitting in something (a stroller, play pen, swing, shopping trolley, walker).

Seminar Series 2008

My next seminars in East Maitland and Newcastle are in July 2008. visit <http://www.sleepandsettle.com.au> for more information and ticket sales. Book now, small groups and limited tickets.

Yes, You Can Get Your Life Back, Today!

I have been busy refreshing and editing my sleep strategies. I have combined the empowering understanding of the sleeping, feeding and playing information with the sleep strategies and reduced the price to Au\$27! Crazy I know!! The new product age ranges are now:

- 0-6 months
- 6-12 months
- 12 months and over in a cot
- 2 years and over in a big bed

I have also refreshed the list of 'secrets' and reduced the price to Au\$5 to offer you valuable extra information in addition to the sleep strategies!

About Natalie

Natalie Ebrill RN, CFHN, Post Grad Dip Health Promotion, is a Mother of three beautiful daughters 13, 11 and 9 years, Baby Sleep Consultant, Child and Family Health Nurse, Registered Nurse and Breastfeeding counselor. Natalie established her 4th baby, '**Sleep and Settle**' in 2004.

Natalie provides Personal in home consultations in the Newcastle, Hunter and Central Coast areas, telephone and email counselling in Australia and world wide, instant downloadable products from <http://www.sleepandsettle.com.au> and seminars each year.

Natalie Receives daily testimonials from happy clients who are amazed that after "reading everything and phoning everyone" are finally unlocking the keys and having 'light bulb' moments to help them solve their baby/toddlers sleeping issues and they are getting their life back!! See 'testimonials' on the website <http://www.sleepandsettle.com.au>

visit <http://www.sleepandsettle.com.au> or call office: 61 (02) 49634460 Mobile: 0437 633953 Merewether, NSW, Australia.

Natalie Recommends

Child Safe Hunter Valley

- Talk to Steve 02 49213374/ 0439 690 260 On the John Hunter Hospital site, for hiring or sales of baby capsules, bassinets, child restraints, porta cots, boosters and prams.

Vitality Junction

- Chiropractor, Mary Bourke, 02 49691965, upstairs, Union Street, The Junction. Newcastle NSW works with children and adults and is very gentle. I refer clients to Mary weekly, especially difficult births and unsettled children. The spine channels the nerves around the body, so it makes sense that if the spine is out of alignment then nerves could be pinched or organs that the nerves go to not working properly! Mary is my personal practitioner.

Happy sleeping,

Natalie

