



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

Sleep and Settle Secrets-July 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!

Well.... I have just returned from my first 'holiday' in two years in beautiful Shoal Bay NSW and the girls and I honestly didn't want to leave! I thought I had internet access in the apartment and then found I had to go to the local internet café and access the internet on a timed basis. My girls were so excited when I told them this! But while I thought it was because they hadn't seen an internet kiosk before...it was actually because I limited my email checking to 15 minutes at the end of each day and I was available to them and we had a real holiday!! To be honest, it took me about 24 hours to wind down and give myself 'permission' to not be 'working' and lie by the pool or walk on the beach or linger over a magazine and enjoy it. The girls were swimming in the sunny outdoor heated pool while I found out how to use the calculator on my mobile and plan my savings scheme for a regular holiday each year. I am so excited now and understand the motivation to budget for them!! In closing I wish to apologise to the women sitting in the row in front of us while we sang all the way through the movie "Mamma Mia" in Nelson Bay cinema (but we had a great time! We even clapped at the end!)

Topic for this newsletter is floor play secrets:

Why is this so important to your baby's sleeping and settling success? During my training at Karitane in Sydney, I was so excited as the pieces of the sleeping puzzle fell into place and the understanding of efficient sleeping, feeding and playing and how the baby's day affected their night became obvious. Then as I started working with clients privately I became acutely aware of the importance of not just playtime, but floor play and tummy time for all babies from birth. Anyone who has attended my seminars, heard me speak or bought my information knows that there are many factors that affect how well a baby sleeps; the daily routine, the bedroom environment, the efficiency of the uptime, communication, cues, consistency and persistency to name the major keys. However, I find myself talking to parents every day on the importance of floor play but more importantly tummy time from birth. It might surprise you to hear that babies don't develop flat heads because they are sleeping on their backs now, it's more likely that the baby doesn't get enough tummy time and spends too much time in a rocker/bouncer/stroller/bed or just on their back on the floor.

Typical stories include:

- the baby isn't feeding very well during the daytime
- baby wants to feed all night
- baby isn't showing tired signs at sleep time because they're not tired.

- baby's sleeps are very short
- baby isn't showing any interest in rolling/getting up on the hands and knees rocking/crawling/cruising on the furniture (at approximate developmental stages)
- expects toys to be given to them rather than able to explore for them
- whinges when not being entertained
- doesn't tolerate tummy time for very long
- cannot play independently with appropriate aged toys
- baby still has their 'startle reflex' past 4.5 months
- baby still has a head lag when pulled from lying to sitting past 4 months

Typically these babies spend a lot of 'Play time' under a playgym, in a bouncer/stroller, on their back on a small specific play mat or sheepskin or in a playpen.

Playtime is as important for a good sleep for a baby as exercise is for an adult. Your baby feels tired and like they have had a full day's work when stretching, rolling and crawling in each uptime!

Tummy time is important for the following reasons:

- for wearing out your baby and earning their sleep
- for stimulating their brain's social and developmental needs
- helping their eyesight to judge distances
- coordinating their right and left sides of their body and encouraging crawling
- helping their neck muscles get strong for sitting up, starting solids and not suffering as bad whip lash in a car crash.

Tip: Encourage free floor play on an open surface spreading toys out around baby from 6 weeks and tummy time for as long as the baby can tolerate it, in every uptime from birth. Encourage stretching, rolling, crawling, cruising on the furniture and then walking. Even if your baby appears to like being held by the hands to walk, don't encourage this before baby is developmentally ready to do this by themselves. There is a link between baby's not crawling and developing learning difficulties. Crawling encourages coordination of the body especially with sports.

Sleep and Settle Seminar Series 2008

My next seminars in Newcastle are NEXT WEEK 30th AND 31st July 2008. visit <http://www.sleepandsettle.com.au> for more information and ticket sales. Book now, small personal groups and limited tickets. In 3 hours you gain the understanding and the tools to make positive changes and "get your life back" starting that very day! **Yes bring your baby, best friend and your mum!** Let's do a live wrapping demonstration with your baby and if the time is right even put them to sleep on the spot!

Thank you to all the enthusiastic attendee's at my Bateman's Bay and East Maitland seminars. We had a great time.

The winners of the telephone consultations were: Deirdre Baggott- (Bateman's Bay) and Jane Heubner- (East Maitland). Both ladies were very excited and looking forward to putting their questions together.

Yes, You Can Get Your Life Back, Today!

Simply choose the type of support that you would appreciate...

If you have the supporting information and step-by-step strategy in black and white in front of you and will consistently apply your baby's sleep strategy, then the Sleep and Settle '**Sleep Packages**' will Empower you to succeed. Au\$27, 50+ pages. 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**

If you would you like some personal support or your questions answered? Ask me about a **casual telephone consultation or email support** \$1.50 per minute

See the range of '**Secrets**' Au\$5 to offer you valuable extra information in addition to the Sleep Packages!

Would you prefer **one-on-one personal support in your home**, at your baby's sleep time, while your baby self-settles to sleep? I can arrange this in the Newcastle/Hunter and Central Coast regions.

Maybe you feel comfortable with reading the information but would appreciate an encouraging ear talking you through the strategy during the day at sleep time over the telephone. Ask me about a personal **Telephone Consultation Package**.

- visit <http://www.sleepandsettle.com.au> and see 'products', yes you can start today, and get your life back!!

Testimonial From Hayley with Kyla 8 weeks (Bonnells Bay NSW). "Kyla would not go down to sleep during the day. Waking up angry/whinging during the day. I now feel confident determining when Kyla is due for a sleep and how to put her to bed. Kyla has the same routine everyday and play times are enjoyable as Kyla is happy after her sleeps. She is smiling, laughing and talking more to us due to her feed/play/sleep routine."

About Natalie

Natalie Ebrill RN, CFHN, Post Grad Dip Health Promotion, Single Mother of three beautiful daughters 14, 11 and 9 years, Baby Sleep Consultant, Child and Family Health Nurse, Registered Nurse and Breastfeeding counsellor. Natalie established her 4th baby, '**Sleep and Settle**' in 2004.

Natalie provides Personal in home consultations in the Newcastle, Hunter and Central Coast areas of NSW, Australia. Telephone and email counselling in Australia and world wide, instant downloadable products from <http://www.sleepandsettle.com.au> and seminars each year. email: natalie@sleepandsettle.com.au or call office: 61 (02) 49634460 Mobile: 0437 633953 Merewether, NSW, Australia.

Natalie Recommends These Services

Child Safe Hunter Valley-For Capsule Hire

- Talk to Steve phone: 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.

ABA- Australian Breastfeeding Association The ABA provides support and information through local groups, telephone counselling, email counselling, the Lactation Resource Centre and the retail store 'Mothers Direct'. visit: www.breastfeeding.asn.au Phone: 02 98850855

Happy sleeping,

Natalie

