

*I have been searching for info about **Baby Sleep Specialists** for quite some time and have collected what I have analysed in the text of this article.*

*The average three-month-old's bedtime is around 9:30 P.M. Yet, as infants get older their bedtime gets earlier, dropping to 8:30 P.M. and earlier. Researchers in Pittsburgh found that infants who went to bed before 9 P.M. slept significantly longer overall (13 hours) than infants who went down after 9 P.M. (11.8 hours). But if you push for a bedtime that's too early, your little buddy may not be tired. It is normal for babies to wake during the night. Some babies sleep much more than others. Some sleep for long periods, others in short bursts. Some soon sleep through the night, some don't for a long time. Your baby will have their own pattern of waking and sleeping, and it's unlikely to be the same as other babies you know. Your baby may have wind, be suffering reflux or even have a dirty diaper. It might be that your baby just can't get comfortable enough to sleep. Some babies get their first teeth and four or five months, and they can cause real irritation and discomfort. Try massaging their face around the jawline and under the chin to soothe it, or try a teething gel. Some babies will only settle for a feed, though. Deciding where and how you put your baby to sleep can seem like a terrifyingly trap-laden prospect. You'll read rules about night wear and room temperature, type of mattress and covers. Many such recommendations stem from research into sudden infant death syndrome and in certain countries health professionals can only advocate conditions that are borne of such studies. Whether you follow the prescribed route or make your own way in the sleeping scene is up to you. You may think your baby never sleeps, but in reality, most newborns sleep up to 18 hours a day, they just do it in two-to-four-hour bursts.*



Particularly if your little one is suffering with a cold or stuffed nose, they are likely to wake more often than they would usually as they can't settle into a good sleep with a blocked nose. It can take some time for parents to adjust to a new baby's sleep routine and learn how to help ensure their baby is getting a healthy amount of sleep. It's natural to have questions about what is considered normal sleeping habits and what changes might occur over the first 12 months of your child's life. If it's possible, discourage your little one from dipping in out of catnaps when you're out and about, as the nap they have is likely to be less relaxing than sleep that happens in the cot. On the whole, your little one will sleep better at home in their cot. It's normal for babies — even those who are good sleepers — to wake up more often and have trouble falling back to sleep once they're 3 to 4 months old, and at other ages too. Blame sleep regressions — and know that those phases are only temporary. Whether its something specific like [Ferber Method](#) or really anything baby sleep related, a baby sleep consultant can guide you to find a sleep solution as individual as your baby is.

## **Keeping Safe At Night**

Fighting sleep at nap time can also be your baby or toddler's way of telling you they simply don't need to nap anymore. They're able to cope with the day without needing to stop for a nap. Waking your baby - after you ease her into bed - sounds nuts, but the wake-and-sleep technique will bring you many hours of added slumber by preventing sleep problems before they develop. Many parents let their infants have a bottle in bed. That can be a real problem, because milk and fruit juice contain a lot of sugar (juice has as much sugar as soda). So long feedings can actually lead to cavities once the teeth start appearing. If you offer a bottle at bedtime - or nurse your baby in bed with you - don't let her suck for more than thirty minutes. If she still wants more, consider giving her a bottle of pure herbal tea, like mint or chamomile. Baby's first tooth might be a momentous milestone, but it can also wake him up at night. And teething symptoms, like crying, ear pulling and night waking, may crop up two to three months before the actual pearly whites appear. No two babies are exactly alike, and there's no one-size-fits-all strategy when it comes to how to get baby to sleep at night. Nevertheless, there are some general recommendations that will help at least set the stage for good sleep. For [Sleep Training](#) guidance it may be useful to enlist the services of a sleep consultant.

The majority of new parents will be sleep deprived at the beginning, some for longer than others but it won't be forever and you will eventually remember what it is like to have a full eight hours of uninterrupted sleep. Weaning at night doesn't mean you have to wean during the day. The breasts have the amazing ability to turn off milk production at night and turn it back on in daytime. But when you start night weaning, always pump off one to two ounces—just enough to relieve pressure and prevent mastitis—at bedtime and again during the night, if you wake up with full breasts. If you pump more than that, your breasts will get confused and continue over-producing at night. Adult beds aren't safe for infants. A baby can become trapped and suffocate between the headboard slats, the space between the mattress and the bed frame, or the space between the mattress and the wall. A baby can also suffocate if a sleeping parent accidentally rolls over and covers the baby's nose and

mouth. If you're not sleeping at the same time as your baby, don't worry about keeping the house silent while they sleep. It's good to get your baby used to sleeping through a certain amount of noise. You can sleep train and night wean at the same time. In fact, sleep training will sometimes lead to a drop off in overnight feedings simply because your baby will learn to fall back asleep on their own. But sometimes, if your baby is underweight or has other medical conditions, you might need to continue night feeding, even during or after sleep training. The gentle approach and caring manner of a baby sleep expert allows them to assist you in the most preferable way to deal with [Sleep Consultant Training Course](#) and to assist you and your family in any way possible.

## **Sidestepping Infant Sleep Problems**

You need to look at what you and your spouse like, because more often than not, what you like is what the baby will like. Although the baby is going to grow into his own self, you are your past and you are your family, genetically as well as environmentally. Sleeping, like eating, is not a state you can force a baby into. The best you can do is to create a secure environment that allows sleep to overtake your baby. A realistic long-term goal is to help your baby develop a healthy attitude about sleep. Baby should feel that sleep is a pleasant state to enter and a secure state to remain in. Your baby should wake up in a good mood and then entertain herself in her crib without crying until it is time to start the day. In other words, the baby should not wake and then immediately scream for the parents to run into the nursery to pick her up out of the crib. Always put your baby on their back for every sleep, day and night, as the chance of SIDS is particularly high for babies who are sometimes placed on their front or side. It is normal for babies to be fed to sleep especially in the first 6 months, babies feel calmed and comforted by feeding and it helps them settle. This is not a problem and they will change this once they develop and are able to self soothe. Having a baby is a steep learning curve and aspects such as [4 Month Sleep Regression](#) come along and shake things up just when you're not expecting them.

Sleep is important for everyone, but particularly so for children. We all know that getting a full night of shut-eye is vital when it comes to your child's growth and development – from doing better at school, to developing improved memory and reactivity. Happy, healthy sleep can also reduce the risk of catching colds and other minor illnesses. But just because we know this, it doesn't mean that a good night's sleep is guaranteed. Any time you think you might fall asleep with your baby, make sure they are on their back in a clear, safe space. The chance of SIDS is lower when babies sleep in a room with an adult than when they sleep alone. When your baby is around 6 to 8 weeks of age, you can try starting a bedtime routine. It should be very short at first — maybe just a cuddly feeding and a brief reading of a book. Separation anxiety peaks and troughs throughout the first 2 years of life. It often intensifies around times when your baby is learning new skills that allow them to move further away from you on their own, such as learning to crawl, learning to walk and then around 18 months/2 years learning to talk. Most 9-month-olds can sleep all night without a feeding and take two naps per day. However, some babies, in my experience, do better with one feeding after 4 or 5 in the morning, and will then sleep longer than if they don't eat and wake up

early. Sleep consultants support hundreds of families every year, assisting with things such as [How To Become A Sleep Consultant](#) using gentle, tailored methods.

## **Keep Baby Close**

*Many parents prefer a co-sleeper arrangement with baby. Realistically, most parents use various sleeping arrangements at various stages during the infant's first two years. Be open to changing styles as baby's developmental needs and your family situation changes. Starting at 3 months of age, many babies start sleeping for longer stretches at night — anywhere from 4 to 6 hours — although this varies from infant to infant. By 6 months, two-thirds sleep through much of the night. Babies that are smaller at birth start to sleep for longer stretches when they are closer to 12 to 13 pounds. There is evidence to suggest that babies are at higher risk of SIDS if they have their heads covered and some items added to a cot may increase the risk of head-covering. Unnecessary items in a baby's cot can also increase the risk of accidents. The first few months of a newborn's life are often referred to as the 'fourth trimester. They require a lot of closeness for sleep since that's all they've known for nine months in utero! Babies frequently fall asleep in a parent's arms during a feed, as the sucking is naturally calming. Some babies might also prefer being held if they have reflux or gas. If your baby looks just a little too snug in the crib, it may be time to think about moving into a cot. If their head or feet seem to be forever bumping into the sides or they suddenly wake up more often (or very suddenly), it might be a sign they need more space to sleep. If you need guidance on [Sleep Regression](#) then let a sleep consultant support you in unlocking your child's potential, with their gentle, empathetic approach to sleep.*

*Initially, your baby will wake up, requiring feeding, changing or attention on a frequent basis. Try and put your baby down as soon as they've been fed or changed and avoid playing with your baby in the night – they will gradually learn that night-time is solely for sleeping. For feeds and changes, try to keep the lights dimmed to keep this time as relaxing as possible. Environmental irritants may cause congested breathing passages and awaken baby. Common household examples are cigarette smoke, baby powder, paint fumes, hair spray, animal dander (keep animals out of an allergic child's bedroom), plants, clothing (especially wool), stuffed animals, dust from a bed canopy, feather pillows, blankets, and fuzzy toys that collect lint and dust. If your baby consistently awakens with a stuffy nose, suspect irritants or allergens in the bedroom. Offer your baby a dummy for sleeping or naps. If your baby is breastfeeding, don't use a dummy until breastfeeding has been fully established. You can check out additional info regarding Baby Sleep Specialists on this [Wikipedia](#) article.*

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