



## MY TOP 5 SLEEP TIPS

### *Tip #1- Avoid "sleep props"*

A sleep prop can be anything that aids a child in falling asleep (pacifiers, feeding, rocking, patting, laying with, etc.) A child should learn self-soothing skills so they can fall asleep independently. This will help them sleep longer stretches as they will not be looking for their prop at the end of each sleep cycle.

### *Tip #2- Schedules*

Each age group has a range of appropriate amounts of "awake time" between sleeps. You want to ensure that your child is getting the right number of naps for their age and that you are being consistent each day. Follow the eat – play – sleep schedule.

### *Tip #3- Early Bedtime*

You want to ensure that your child does not become overtired as that is the enemy to a good night's sleep. It is hard to settle when you are overtired.

### *Tip #4- Routines*

Come up with a bedtime routine lasting about 20-30 minutes. The bedtime routine should be the same every night and should be enjoyable for your child. Do not include any "screen time" or TV in the bedtime routine. Do a condensed version of your routine for nap time.

### *Tip #5- Environment*

Keep the room extremely dark at both nap time and night time. The slightest bit of light can wake a baby. White noise is also helpful if you live on a busy street or have older children playing during nap time.

**Contact me at [amy@amyhoughsleepconsulting](mailto:amy@amyhoughsleepconsulting) for a FREE 15 minute consultation!**