

Beginning Well *everyday*

SLEEP TIPS FOR TIRED PARENTS



Nourishing support for parents of little ones 0-3.



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To nourish yourself and your baby's health and resilience.

first, we invite you to take a look
at your own needs

You might be surprised to read this in an article about your baby's sleep, but before we dive into your baby's needs, we want to encourage you to pause for a moment and check in with YOURSELF.

When your baby isn't sleeping through the night, you might feel sleep deprived, uncertain, and overwhelmed. From our own experience, we know that when we are tired and out of balance, we are even more likely than usual to forget to look after ourselves—forget to pay attention to our own needs and limitations. So please take a few seconds to simply observe how you are breathing right now. Try to relax your shoulders and soften your belly. Notice how the surface you are sitting or laying on supports your weight. Allow your upper and lower back to release some tension, as well.

We encourage you to include some kind of self-care in your busy daily life! You nourish your little one all day long (and during the night, too!), so please allow yourself to do at least one thing each day that nourishes YOU.

Your well-being and inner balance are the foundation of your family's peace. Find inspiration in our [Transformational Self-care Snippets](#) or on our [Self-care Checklist](#). If you are looking for more self-care guidance, feel free to reach out to us at info@beginningwell.com. You are not alone on your parenting journey – we are here for you!

*And now let's dive into
your baby's world!*



helps your baby

find a healthy sleep rhythm

It takes a newborn several weeks to find his individual sleeping and waking rhythm. You can help him by noticing his need to be undisturbed and calm. Until he finds this sleeping and waking rhythm, you can help him by tailoring your activities to fit his routine. We know that this can be challenging for us parents, but especially in the early days, we always suggest: Give yourself and your baby time to get used to each other when everything is still so new. Remember – Less is More!

Establish a consistent daily rhythm.

Especially in the first few weeks, it helps your baby when the daily rhythm remains as consistent as possible. This helps him orient himself to his new life, which leads to growing confidence. You can observe how sensitively babies and small children react to changes in their daily rhythm when you travel with your little one and during the days following.

Help your child experience the difference between night and day.

A first step in establishing a healthy sleeping and waking rhythm is to help





your baby learn to distinguish between night and day. It helps if you use subdued lighting when breastfeeding, bottle-feeding, or changing diapers during the night. In addition, if you speak with him quietly, using only a few words, during these nighttime interactions, he might go back to sleep more easily.

Establish separate places for sleep and play.

If you don't surround your child with toys in his bed, it's easier for him to distinguish sleep-time from play-time. During the first months, you can put him in a playpen while he's awake and playing. Find out more about providing your baby with the freedom to explore in safety – the playpen or play yard on our website: [First Things for Your Baby](#).



[Learn how to create a safe, comfortable bed for your baby's peaceful sleep, here.](#)

Create an evening ritual.

An evening ritual, one you repeat every day, can give your baby the sense of when it's evening and time to go to sleep. It can be a song, a rhyme, a verse, a candle, or whatever you find soothing. You can begin with this ritual during the first few days after your baby's birth. When the evening ritual is the last thing that happens, your child will get used to the fact that afterward, it's time for calm and sleep. Take time for this ritual even if you are going out in the evening or simply want your peace and quiet. The ritual can help you and your baby settle down and find peace of mind. Inspiration for sweet lullabies, nourishing songs and verses can be found in [Joyful Activities](#).

how can I help my baby fall asleep **more easily in the evening?**

We adults often take the rhythms of everyday life for granted. However, for a baby, each day contains many confusing events that he cannot yet classify. Imagine what everyday life feels like for a baby who has recently emerged from the protection, darkness, and warmth of his mother's womb. What does he feel like when he's exposed to the bright lights and unfiltered sounds of everyday life? How does he learn the difference between night and day, sleeping and waking, if we don't show him?



A baby has to get used to EVERYTHING!

So much is new: feeling clothes on his skin, being changed and bathed, drinking milk, family members and their voices. Your baby gets used to all these things gradually, through many repetitions.

If he cannot sleep in the evening, it might be due to the many new sensory impressions he experienced during the day.

Perhaps, in addition to daily life at home, which he is still getting used to, he also experienced visits, changes of location, shopping trips, car journeys, etc. All of this

activity can create inner disquiet that takes time to fade away. You can help your child with calming words such as, "You've seen a lot today. During the night you can rest from all that." Talking with your baby has an especially calming effect, because during pregnancy he became very familiar with his mother's voice.

Set up a consistent place for your baby to sleep.

It's easier for your baby to fall asleep when his sleeping place feels familiar and changes as little as possible. He'll feel most comfortable if he sleeps in the same bed at night and for his naps during the day.



Create moments of calm before going to bed.

Whether you've spent the whole day with your child or he sees you for the first time in the evening when you come home from work, it helps if you don't start any boisterous games close to bedtime. You can find other ways to express your joy at being together. After spending some calm enjoyable time with you, your baby might fall asleep more easily.

Your baby may feel uncomfortable lying down if he's held upright a lot during the day.

If your baby is frequently carried in a baby sling or carrier or spends long periods of the day sitting up, such as in a baby bouncer or a car seat, he could experience lying down in bed as unfamiliar and therefore unsettling. This discomfort may make it more difficult for him to fall asleep. There could also be other reasons why your baby cannot sleep lying down right now – for example, if he has reflux. If you think that might be the case, please consult your doctor or midwife.

what can I do if my baby wakes up at night, cries
and cannot fall back to sleep?

First, try to find out why your child is crying: Is he hungry or thirsty? Too warm or too cold? Does he need a fresh diaper? If none of these apply, you can try the following:

- Use understanding words: Calm and understanding words often help a baby to relax. Try saying something like, “You’ve woken up – it’s night-time – I’ll stay with you, but try to go back to sleep – we’re all asleep now.” The most important thing is that your baby does not feel deserted.
- Keep your activity to a minimum: If your baby still does not calm down, instead of lifting him out of bed, try to simply put your hand on his stomach and continue speaking calm words to him. It might also help to repeat your bedtime ritual.
- We adults also sometimes wake up in the middle of the night and have a hard time falling back to sleep. If we are cared for with some warm, loving gestures, such as a hand on our back or shoulders, it is way easier for us to relax and let go of some tension.





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- Whenever possible, avoid doing these: Activities such as pushing your baby around in a stroller or driving around in a car might help your child fall asleep, but these activities won't help your child to find his rhythm of sleeping and waking. It might become more difficult for him to calm down on his own if he becomes used to these kinds of activities. They are also stressful and energy-sapping for you in the long-run.
- And as we mentioned at the beginning – please take care of your own needs and reduce additional effort whenever possible! The less agitation through external activities that you and your child experience, the easier it will be for both of you to find inner calm.



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10 *suggestions to nourish yourself & establish* **a healthy sleep rhythm**

- Include transformative self-care into daily life ([find 10-minute activities here](#)).
- Reduce additional effort wherever possible - your sleep is the foundation.
- Establish a consistent daily rhythm for your child and yourself.
- Help your child experience the difference between night and day.
- Establish separate places for sleep and play.
- Create an evening ritual ([find sweet songs, verses and lullabies here](#)).
- Set up a consistent place for your baby to sleep.
- Create moments of calm before going to bed.
- Keep your activities to a minimum before bedtime.
- Use understanding words when your baby wakes up during the night.

Empathy is the key for our children and for ourselves to feel seen and understood.

That is when we can calm down and relax best.

Learn more about empathetic childcare at

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Nourishing support for parents of little ones 0-4.



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Need more resources?

Start your **FREE TRIAL** at our Beginning Well Everyday community today to enjoy:

Holistic guidance

With year-by-year support, to better understand your child's needs and behavior. Absorb the wisdom of holistic approaches to child development - on your own time, at your own pace. Guest speaker and webinar videos added regularly.

Transformative self-care

Build gentle moments of calm into each busy day with our 10 minutes Self-care Snippets, designed to help you reconnect with your inner trust, confidence and own intuition.

Playful activities

Create magical moments together every day, with songs, crafts, recipes and other joyful activities - always at your fingertips - arranged by age, season and holiday for your convenience.

empathy will support you both as baby grows.

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