



*Gift of*  
**Sleep**  
CONSULTING

SEE LAST PAGE  
FOR A SPECIAL OFFER!



# Seven Ways To “Fix” Your Baby’s Sleep

Provided by Jennfier Schindele, Certified Sleep Sense Consultant

# Seven Ways

to “Fix” Your Baby’s Sleep



*Gift of*  
**Sleep**  
CONSULTING

Hi, my name is Jennifer Schindele. I’m a Certified Sleep Sense Consultant, and teaching parents how to get their children sleeping well isn’t only my career... it’s also my passion!

Study after study shows that the single biggest challenge faced by new parents is getting their child to sleep through the night.

So if you’ve been struggling with YOUR child’s sleep... you’re not alone!

There’s good news, though. For some babies, all it takes is a little “tweak” here and there to make a real difference! You’ll find seven of those “tweaks” on the following pages.

And if you find that you need a little MORE help with your child’s sleep, make sure to check out the very last page for a special offer from me!

Ready? Let’s start with Tip #1 on the next page...

# Seven Ways

to “Fix” Your Baby’s Sleep



*Gift of*  
**Sleep**  
CONSULTING

## Sleep Tip #1:

### Watch The Waking Hours

One of the BIGGEST enemies of sleep – especially for babies and toddlers – is overtiredness... and many parents are surprised to learn just how soon their children get overtired!

Here’s a quick guide to how long your child should be awake between naps during the day:

Newborns (0–12 weeks):	45 minutes of awake time
3–5 months:	1.5–2 hours of awake time
6–8 months:	2–3 hours of awake time
9–12 months:	3–4 hours of awake time
13 months to 2.5 years:	5–6 hours of awake time

If you make sure that your child is put down for naps BEFORE they get overtired, you’ll find that they fall asleep more easily at naptime... AND that they are more relaxed at bedtime, too!!

# Seven Ways to “Fix” Your Baby’s Sleep



*Gift of*  
**Sleep**  
CONSULTING

## Sleep Tip #2:

### Don't Be Afraid Of The Dark

We humans (babies and toddlers included) sleep better in the dark.

Try making your child's room as dark as possible. (I recommend using blackout blinds, taping cardboard over the windows, or whatever it takes!)

In many cases, even the glow from a nightlight or a digital alarm clock can be enough to disrupt your child's sleep cycle!



**BONUS TIP:** Try to keep your child's room as dark as possible during daytime naps, too. This can often make a BIG difference in how long your child will nap during the day!

# Seven Ways

to “Fix” Your Baby’s Sleep



*Gift of*  
**Sleep**  
CONSULTING

## Sleep Tip #3:

### Be Predictable (And A Little Boring)

Babies and toddlers love predictable routines. And a predictable bedtime routine (lasting no longer than 30 minutes) is a great way to let your child know when the time for sleep is coming.

A typical bedtime routine might look something like this:

- bath (5 minutes)
- put on pajamas (5 minutes)
- read a story or sing some songs (10 minutes)
- nursing or bottle (10 minutes)

Make sure that this routine is the same every single time. Remember, you want bedtime to be as predictable as possible for your child!

**BONUS TIP:**  
After your bedtime routine is complete, be boring. Lots of children will try to “drag out” bedtime by playing games, throwing toys out of the crib, standing up, etc. Don’t participate. If your child has thrown their blanket or favorite stuffed toy out of the crib, calmly return the item without saying a word. Be boring, and the games shouldn’t last too long!

# Seven Ways

to “Fix” Your Baby’s Sleep



*Gift of*  
**Sleep**  
CONSULTING

## Sleep Tip #4:

### Feed AFTER Naps, Not Before

For a lot of babies and toddlers, the single biggest reason they don’t sleep well has to do with a feeding-sleep association.

In other words, your child has “linked” the ideas of feeding and sleeping. They think that they need a bottle or nursing BEFORE they can fall asleep.

By feeding right after naptime – instead of before – you can help your child break this feeding-sleep association.



NOTE: This strategy should only be used before naps, not before putting your child to bed for the night. (A full tummy is needed to make sure your child doesn’t wake up hungry during the night!)

# Seven Ways to “Fix” Your Baby’s Sleep



*Gift of*  
**Sleep**  
CONSULTING

## Sleep Tip #5:

### Same Place, Same Time

Remembering that our children love predictability, it’s a good idea to have your child sleep in the same place – at the same time – every day.

This means that naptime should happen in the same place as nighttime sleep – rather than in carseats, strollers, your lap at the coffee shop, etc.

For many parents, simply changing WHERE their child naps during the day causes a big improvement in the length and quality of nighttime sleep.



**BONUS TIP:** When you are putting your child to sleep for the night, it’s a good idea to make sure that they fall asleep where you want them to stay asleep.

In other words, if your child falls asleep in your arms on the couch and then wakes up during the night in a completely different place (like their crib), chances are they’ll be surprised... and start crying to let you know about it!

# Seven Ways

to “Fix” Your Baby’s Sleep



*Gift of*  
**Sleep**  
CONSULTING

## Sleep Tip #6:

### Try The “1, 2, 3” System

When your child wakes up during the night – or during a nap – and starts crying or fussing, try to wait a specific length of time before going in to check on them.

The first day you try this, I recommend waiting exactly one minute before going in to check on your child. On the second day, wait two minutes. Three minutes on the third day, and so on.

Why?

Well, everyone (babies and toddlers included) will wake up briefly at the end of each 45-minute “sleep cycle.”

Most adults wake so briefly that we don’t even remember it in the morning. But children who haven’t learned to fall asleep independently need a little longer.

This “1, 2, 3” System gives your child the opportunity to get themselves back to sleep – without your help. And once your child has learned this skill, you’re home free!

# Seven Ways to “Fix” Your Baby’s Sleep



Gift of  
**Sleep**  
CONSULTING

## Sleep Tip #7:

### Take Five

Before you put your child to bed (for naps or at nighttime), make sure the five-minute period before they are put to bed is very calm and relaxing.

No throwing your toddler in the air... or watching TV... or tickle fights... in the five minutes immediately before bed.

**IMPORTANT NOTE:**  
I totally encourage tickle fights and any other kinds of rowdy fun you can think of with your children. It's fun for the whole family! Just NOT in the five minutes before bed. (Right after waking up is a great time to play!)



# Seven Ways

to “Fix” Your Baby’s Sleep



*Gift of*  
**Sleep**  
CONSULTING

## The Next Step?

Just like the title says, these are “tips” – quick tricks that, for some parents, are the missing piece of the puzzle that gets their child sleeping through the night.

And while I hope that you’ll be one of the lucky parents who’s able to solve their children’s sleep problems using one of these tricks, I also want to be there for you if you need a little more guidance.

As a professional sleep consultant, it’s my job to help parents like you get their children sleeping soundly through the night.

What do I mean by that?

Well, as long as your little one is of the correct age and weight, there’s no reason why you should not expect 11 - 12 hours of uninterrupted sleep per night.

# Seven Ways

to “Fix” Your Baby’s Sleep



*Gift of*  
**Sleep**  
CONSULTING

I'd like to take this opportunity to offer you a FREE 15-minute sleep consultation. Over the phone, we can discuss what your sleep challenges are, and I can let you know some specific things you can try to make fast improvements!

To set up your complimentary consultation, visit my website at [www.giftofsleepconsulting.com](http://www.giftofsleepconsulting.com), send me an e-mail at [jennifer@giftofsleepconsulting.com](mailto:jennifer@giftofsleepconsulting.com), or just give me a call at [\(267\) 382-0826](tel:2673820826)

I look forward to helping!

To healthy sleep,

Jennifer Schindele, B.Sc., CSSC

CEO

Certified Pediatric Sleep Consultant

Gift of Sleep Consulting