

Night terrors, emotional regulating, sleep disturbances, setting guidelines that will help create the long term sleep patterns that keep your child healthy and happy.

# TIPS THAT WILL HELP YOUR CHILD START LIFE WITH POSITIVE SLEEP PATTERNS

Help your child to get into a deeper more relaxing and fulfilling sleep cycle.



**SLEEP TIPS FOR YOUR  
CHILD**

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**SLEEP TIPS FOR YOUR  
CHILD**



# A quick hello from Sharon

**C**hildren learn more from what you are than what you teach”

With over 30 years experience in the early years and parenting field, I have gained a fair amount of insight into how children and family relationships function. As a parent, I can say with my hand on my heart that apart from the years of study and the educational and knowledge side of childcare carried forward from my professional work, parenting was a skill that I only started to fully understand when I actually became a parent!

It has been a fantastic journey so far. Parenting my own children was the missing link in being able to offer first hand professional and experience based advice in combination with my own solid educational expertise in childcare and parenting. I am grateful for the lessons that my two mini life-coaches have exposed me to as well as the vast array of clients that have crossed my path over 3 decades of my working life who have shared stories of grief, trauma, anxiety, stress and success, happiness, joy and love freely with me as if I was included as part of their family.

My history consists of running successful day-care business alongside a consistent training and business management history. I have been producing and delivering training for childcare settings as well as individuals, parents and professionals for almost three decades. The combination of skills learned via professional training and 30 years of practice in early years, NLP, life coaching, child care and professional adult education training, puts me in a position to be able to offer a wide range of support and advice on a range of childcare, early years and parenting subjects.

**This e-book is a snapshot resource to help you start your patterns of sleep from the very beginning** with a new-born and to perhaps correct or alter the way in which you deal with your sleeping child from now on. Maybe you are having some difficulties, or maybe you just want to try a new method. The information will help you decide what you need and how to apply it.

If you find after reading and attempting some of the techniques that you are still having difficulties, then get in touch via my website [www.sharonkamel.com](http://www.sharonkamel.com) or via email [info@sharonkamel.com](mailto:info@sharonkamel.com) and request information about one to one, skype, or other forms of parenting support available. Register [here](#) for the newsletters to get updates about new podcasts, webinars and seminars too!

I look forward to being your continued resource for all things childcare, parenting and lifestyle.

*Sharon*

**SLEEP TIPS FOR YOUR CHILD**

# Babies and new-born

Babies and new-born's take a little bit of time to settle into a sleep routine. After birth, a baby uses cues such as hunger, nappy distress, comfort and socialization as the structure for communicating their needs. Babies cry when they need anything this is their only language, and sleep is no exception. Sleep needs are often difficult to pick up but even babies give subtle signs that they need rest and not another form of care. After 3 months your baby will respond more to you structuring their daily routine and following a pattern that you can keep in place wherever you put your baby to sleep.

**“BABIES SLEEP UP TO 18 HOURS A DAY, INCLUDING NAPS THAT CAN BE FOR A FEW MINUTES UP TO A FEW HOURS.”...**

Young babies have their own way of telling you they are tired or sleepy. If you have eliminated the other potential reasons for your baby showing the above signs, such as changing a nappy, feeding them or comforting them, then it's likely they are tired and ready for sleep. Babies sleep up to 18 hours per day and they can sleep for a short while, just a few minutes up to hours at a time.

## **TOP TIPS FOR SETTLING YOUR BABY INTO A GOOD SLEEP ROUTINE**

- I. Try to put your baby to bed when they are drowsy but not fully asleep. This will help them to learn to associate bed and sleep more quickly and in a relaxed way.
- II. Keep to a regular routine, if you have bath then feed then read a story, start this even with a newborn and keep it as your regular routine.
- III. Do not overstimulate your baby when they wake up during the night hours. Keep the lighting as low as you need to function and use just soothing sounds, not stimulating words or language.
- IV. Try not to leave the bedroom, have everything to hand that you need so that you do not give baby the signal that this is time to get up. Save that for the morning when it's the normal waking up time. In this way you are establishing a normal day and night pattern that will continue throughout life.
- V. Don't leave your baby to cry themselves to sleep, the emotional readiness part of the brain that babies need to understand why they are afraid of sleeping without you is not fully developed and so you will create a host of other problems in other areas if you ignore this.

**BABIES CRY, RUB  
THEIR EYES, WRIGGLE  
AND SOMETIMES  
SHAKE THEIR HEADS  
TO INDICATE THEY  
ARE SLEEPY. YOUNG  
BABIES CANNOT SELF  
SOOTHE.**



**SLEEP TIPS FOR YOUR  
CHILD**

# BABY'S EMOTIONAL READINESS



## EMOTIONAL REGULATION – BABY'S CANNOT SELF SOOTHE



There are many sleep guides and promises offered to parents online and in books or other media that support what has been known as SELF SOOTHING methodologies for years. This is offered as a solution to stop your child crying and teach them to settle to sleep alone.

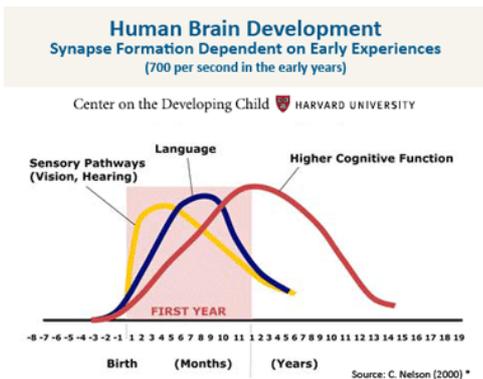
When taking into account the science behind children's brain development this contradicts the concept of self soothing. Babies do not have the emotional equipment to enable them to fall asleep when they are worried or afraid.

The reason a baby will stop crying using these varying methods is not because it has learned to emotionally control it's fears but because it has learned the response to stress of this kind is stop crying, and eventually tiredness takes over and they sleep.

The baby's brain response at this time creates a shut down state where instead of dealing with their fear, they unconsciously learn to hide it away in a part of their brain because they can't cope. Baby's can only develop the emotional equipment ready to sleep when their brain is sufficiently developed to do so.

This is not before approximately 1 to 2 years old for most children. Research also shows that the more nurturing and responsive parents are in the first 3 years of a child's life, the better the behavioral outcome for their child.

<http://www.ncbi.nlm.nih.gov/pubmed/?term=middlemiss+asynchrony>



## SLEEP TIPS FOR YOUR CHILD

# TODDLERS AND PRE-SCHOOL

As your child grows in independence and begins to explore the world, their desire for sleep may change. Your toddler may be busy a lot more during the day time and be frustrated when you want to move them from play time to nap time and bedtime.

Create clear rules from the start and even add nap or bed time to a picture schedule so that your child can see the routine of his day visually. This will help your child prepare for what's next and teach them that there are patterns and systems for the day ahead.

Make nap time fun and appealing by having other special items that only come out at bed time and aren't used all day in play. A favourite teddy bear or a book that is saved for bed time is a great anchor for the child to look forward to.

Make it a calm time without TV or electronics and use this time to re-create the bond and quietly discuss your day whilst winding down. Use bath times and/or tooth brushing as a signal for both night time and day time sleep. Your child will learn to calm down and be ready for bed if you keep your routine.

Try not to let your toddler get over tired. If a child is already falling asleep and they nod off before you get to the bedtime routine, try to bring the bed time forward a little. It can create problems later if your child just falls asleep from exhaustion and doesn't experience you putting them to bed.

Avoid energetic play just before bedtime even if that is the time that a parent is just arriving home. Your toddler should be relaxed, calm and sleepy and they will fall asleep more confidently alone as they get older

Remember that napping encourages better and more satisfying night time sleep for toddlers and pre-school children so don't skip the nap thinking that the night sleep will be better.



**Dark rooms work best for naps and proper night time sleeps so if the evenings are getting lighter, get yourself a black out blind.**

**Nature set sleep times for night so if you want your child to nap during the day, create the same bedtime routine you have for night time at any time you intend them to sleep**



## **NAPPING ON THE GO**

*Try to avoid napping in multiple locations at different times of day. Keep to a routine and associate sleep with bed or a quiet place. This is essential for ongoing sleep satisfaction.*

*Children fall asleep in all kinds of locations but if you ensure that the bulk of your child's sleep takes place in their bed, or their regular sleep spot and that even if your child falls asleep on the sofa, you carry them to their bed so that they wake up in their regular sleep spot, this will help to create a strong association between the appropriate place and time your child sleeps.*

*It is not safe to let your baby regularly sleep in a car seat, baby chair or stroller. The bed is the safest and the best place.*

**SPOTLIGHT**

# SLEEP TIPS FOR YOUR CHILD

# How much sleep does my child actually need?

Children sleep for different amounts of time at varying stages of their young lives. Sleep is a critical component in a child's development and it should be considered as important as what your child eats, and how they develop in other ways.

An appropriate amount of sleep will set your child up daily to experience all that they need to learn and grow and develop. If this is missing, you may find your child distressed, anxious and out of sync with everything going on around them.

At different stages of life, from new-born up to teens, children need different amounts of sleep.

Statistics show the following rough guidelines for children of all ages:-

**NEWBORN BABIES UNDER 3 MONTHS** - New-borns sleep a total of 10.5 to 18 hours a day.

**INFANTS OVER 3 MONTHS AND UNDER 12 MONTHS** - Infants typically sleep 9-12 hours during the night and take 30 minute to two-hour naps, one to four times a day – fewer as they reach age one.

**TODDLERS UNDER 2 YEARS** - Toddlers need about 11-14 hours of sleep in a 24-hour period. When they reach about 18 months of age their nap times will decrease to once a day.

**PRE-SCHOOL CHILD UNDER 5 YEARS** - Pre-schoolers typically sleep 11-13 hours each night and most stop taking a nap after 5 years of age, except for unusual circumstances, such as travel or illness.

**SCHOOL CHILDREN - PLUS 5 YEARS AND UP TO TEENS** - Children aged six to 13 need 9-11 hours of sleep.

## NAPPING PATTERNS OF YOUNG CHILDREN

1. Babies and newborns nap frequently and it can be from a few minutes until a couple of hours. They are largely regulated by the amount of milk consumed and how long it will last them before they are hungry next time.
2. Toddlers and energetic pre-school children may nap any time from 1-3 times per day for 20 minutes up to an hour or more. This will generally be led by the amount of the activity they are taking part in and when there is a gap that is calm and quiet.
3. By the time your child is at school regularly after 5 years of age, they are less likely to nap or may just fall asleep in the car on the way home for a short while. After a year or so at school, expect your child to be unhappy if you ask them to take a nap. There are far more important things to do in the day time than to sleep but that should mean night sleeps are more consistent and settled except for times of illness.



## SLEEP TIPS FOR YOUR CHILD



**The most common age for night terrors is 3-7 years of age.**

#### **NIGHT TERRORS**

*Night terrors are a common issue for toddlers and young children. Your child may begin waking up at night after having a long and stable period of sleep and strange or wakeful behavior can seem to appear out of the blue.*

*Remember that a child will most likely not remember that they did anything in this time, either if they were upset, or even if they were sleep walking.*

*Stay calm and close to your child. Watch and observe the behavior but do not intervene unless your child is at risk of hurting themselves or others.*

## Does your child..

- Sit up in bed suddenly from deep sleep
- Scream or shout and cry
- Kick and thrash
- Sweat, breathe heavily and have a racing pulse
- Be hard to awaken, but if awakened be confused
- Appear to be inconsolable
- Stare into space as if not really focused with you
- Get out of bed and run around the house randomly without pattern

### **DON'T PANIC IF YOUR CHILD SUDDENLY STARTS WAKING AT NIGHT WITH FEARS AND EVEN SLEEPWALKING EPISODES**



**Young children often go through phases of night time wakefulness and it's not abnormal but if your child harms themselves or others see your Doctor.**

If your child is waking frequently or suddenly at night then it is possible that they are suffering from nightmares or night terrors. Night terrors occur because your child wakes suddenly from a deep sleep. Waking up may be because they are worried about something or be as simple as having a full bladder and needing to use the bathroom.

**Here are some steps to help you to overcome and help your child go through this phase which the child will usually grow out of:-**

- Make sure your child has an empty bladder before sleeping
- Try to ensure your child is fully awake after they wake with night terror. Only put them back to sleep when you know the episode has passed and they have woken up
- Try to discover in an indirect way if anything is bothering or upsetting your child. If you deal with this problem, the night terrors may stop on their own when the anxiety passes
- Night terrors and nightmares are different. A nightmare is usually when a child is afraid and dreams something that they can describe to you later. A night terror is something the child may not even be aware of, it is almost as if they are in deep sleep but appear awake at the same time, that is why it's important to wake fully before sleeping again
- Create a healthy, calm and loving bed time routine and assure your child that if they wake and ever need you that you will be there for them
- Chart your child's night terrors. If you find a pattern then start waking your child 10 minutes before they are expected to wake in night terror and then when they are fully awake, make a bathroom trip and settle them back to sleep, this way you may stop the phase of sleep when the night terror happens and re-set the child's poor sleep patterns

## **SLEEP TIPS FOR YOUR CHILD**



## SLEEP TRAINING ESSENTIALS

It is important to distinguish between day and night times for your child from the earliest opportunity. You can do this by having an active daytime routine, playing and interacting with your baby or child and before bed time you slow things down, and go through your established bed time routine of bath, warm milk, story and cuddles until your child is sleepy. You can apply the same idea for naps but shorten the schedule according to your needs.

Even if you need to be present in the room as you put your sleepy child into bed awake but drowsy, stay where your child can see you, but be quiet and do not interact or chat to your child. You can even turn your back but sit close by so your child knows that you are there with them but that you are not there to play or respond to them as you would during day time.

If your child cries when you begin to put them to sleep, start by offering soothing words in a calming voice e.g 'mummy is here its' time to sleep now' or just 'shhh' lets your child know you are still close by.

Observe their reaction. If they continue to cry and it gets louder and stronger, pick them up, calm them down and when they are settled put them back to bed.

Try to avoid exiting the bedroom at any time. Give a clear message that you are supporting them going to sleep but you will not give in to or respond to the child trying to activate play time again.

Encourage them to fall asleep in bed, rather than on your lap or with your holding them but offer comfort when necessary. Do not let your child cry themselves to sleep if they are distressed. It is much better to take a break and re-start the sleep routine again until they settle. Patience is key!

If your child wakes at night, keep the room dark and deal with them in the room. Don't carry them to your bed or encourage them to fall asleep elsewhere for convenience. This will create much more challenging problems for later on

# SLEEP TIPS FOR YOUR CHILD

**SLEEP PROGRAMMING** ..is an essential part of your child's early development.

Understand that for a new baby who is used to the noises and comfort of a closed space in utero, its is a shock to be in the outside world. Studies show that the more comfort and support you offer in the very early years, the more confident, socialized and relaxed your child will be.

If you withhold love and support from the start in the hope that a tough approach will serve you better your child may stop crying and asking for you at bed time but it is highly likely that they have entered a state of shut down. This is an emotional state where your child has closed away the worry they have but not really dealt with it.

*If you start as you mean to go on with sleep preparation, even though your child will have odd times of unrest, on the whole you will create a successful pattern and routine for them to follow for their entire childhood.*

#### **NURTURE HEALTHY CONCEPTS OF EMOTIONAL SUPPORT WHILE THE YOUNG BRAIN IS DEVELOPING BEFORE IT REACHES THE EMOTIONAL MATURITY STAGE**



*If you teach your child from very early on that when they need you that you will be there for them, as they grow older, they will grow in confidence and they will do much more independently. The sense of having a safety net for a child is a life long healthy brain concept which will allow your child to apply the emotional learning of something as simple as sleeping alone, to other more challenging aspects of their life. A good healthy sleep pattern and a confident sleeper prepares your child for so many other areas of life – NOT JUST SLEEP. It's far better to do the effort early on than to try to fix issues that will be visible as your child grows up.*

**SLEEP TIPS FOR YOUR CHILD**

# TOP 10 TIPS TO HELP YOU HELP YOUR CHILD SLEEP WELL

- 1 Understand your child's signals, signs and language of sleep and support them.
- 2 Associate a quiet location with sleep at an early age. Even with a new-born baby, you can feed or change them and put them back to sleep without rousing them too full wakeful state.
- 3 Use settling routines and gentle habits such as a warm bath, and a feel good story to create a sleep signal for your child that they come to love and cherish in their night time routine.
- 4 Never leave your baby or child to cry themselves to sleep. This will create problems later. Use the recommended tips in page 9.
- 5 Know when your baby is ready to sleep without support emotionally, this is about 1.5 years plus.
- 6 Avoid stimulating games or activities for an hour before bedtime. Encourage quiet time before hand.
- 7 Keep supporting your child emotionally until any fear or anxiety passes. You must not let them feel abandoned if you want them to learn to sleep well independently
- 8 Avoid napping outside of home, try to keep bedtimes or nap times in a familiar and safe place that your child is already associated with.
- 9 Respond quickly if your baby or child wakes up afraid at night . This is the fastest way to reduce ongoing night fears and night terrors.
- 10 Be patient, don't' give in and let your child get into bed with you and make sure that you get enough sleep separately from your child so that you can cope with all that you need to help your child sleep well.

*Sleep is that golden chain that ties health and our bodies together.*

