



FREE DOWNLOADABLE

BABY SLEEP STRATEGIES GUIDE

SLEEP & CRADLE®
SOLUTIONS



Welcome!

Sleep & Cradle® is a Pediatric Sleep Consultancy and Newborn Care Specialist provider. We are glad to share this free guide with you. Our goal is to make your parenting journey effortless, providing a blueprint to promoting healthy sleep habits .



OUR MISSION

To equip parents with the tools, knowledge, and skills to be the architects of the positive sleep habits their babies develop and restore sleep to parents struggling with sleep deprivation

We are confident this guide will be beneficial.

With the right strategies, you can cultivate healthy sleep habits from day 1 when your baby arrives from the hospital.

We will touch on understanding sleep cues, feeding, and establishing a consistent routine and safe sleep environment.

Sleep & Cradle®

BABY SLEEP STRATEGIES BLUEPRINT

UNDERSTANDING SLEEP CUES

- ☐ Babies often rub their eyes when they're tired,
- ☐ Yawning is a clear sign of tiredness in babies.
- ☐ Understand your baby's wake window.
- ☐ Overtiredness makes it difficult for your baby to settle down.

FEEDING

- ☐ Ensure your baby is well fed during a feed.
- ☐ Babies mouth should cover the areaola for a good latch .
- ☐ Document the amount your baby drinks per bottle.
- ☐ Stay on a breast for a feed for your baby to get the fore & hind milk.

ESTABLISHING A BEDTIME ROUTINE

- ☐ Have a fixed time for your baby to retire to bed at night.
- ☐ Be consistent with this bedtime and wake up time.
- ☐ Calm activities should precede bedtime.
- ☐ Begin your bedtime routine 90 minutes before bedtime.

SAFE SLEEP ENVIROMENT

- ☐ Have a dedicated sleep space.
- ☐ The crib should have nothing in it but your baby.
- ☐ A smart baby camera is an invaluable gadget to invest in.
- ☐ The safest position for your baby is lying on their back.



WANT TO SLEEP WELL AS A NEW PARENT?

We've got you covered!

We offer personalized support with the entire family in mind. A revolutionary Baby Sleep Training Masterclass with 24/7 support from Sleep Experts. Click on the link below to schedule a free consultation.

FREE CONSULTATION