

# Baby Sleep Toolkit

For all expectant & new parents

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# Baby Sleep

Expectations around baby sleep can often be unrealistic, based on the desire for a full night's sleep.

This toolkit contains a few simple tips to help you think about your expectations of sleep and how to manage night-wakings and tiredness.



## 1. acceptance is important

this can stop you from battling with your baby and it can mean you can get the help and support you need



## 2. babies are meant to wake at night

to ease hunger, thirst and  
to make them feel safe



### 3. it helps to have realistic expectations

so you have more of an idea of what your baby may be capable of and what can impact sleep and naps



4. try not to compare  
your baby's sleep to  
other babies

because every baby  
is different



## 5. plan for night-wakings

so you expect to be up rather than hoping for a full night's sleep which won't happen yet



## 5. expect variation with sleep & naps

your baby will be changing so much so your days and nights won't always be the same



## 7. get to know your baby's sleep cues

so you can focus on meeting your baby's needs, which helps you feel like you are getting it right



8. you are not  
getting it wrong  
every day and every  
baby is different



## 10. get support and reassurance

it helps to talk about the challenges, how tired you are and how normal it can be so you feel less alone



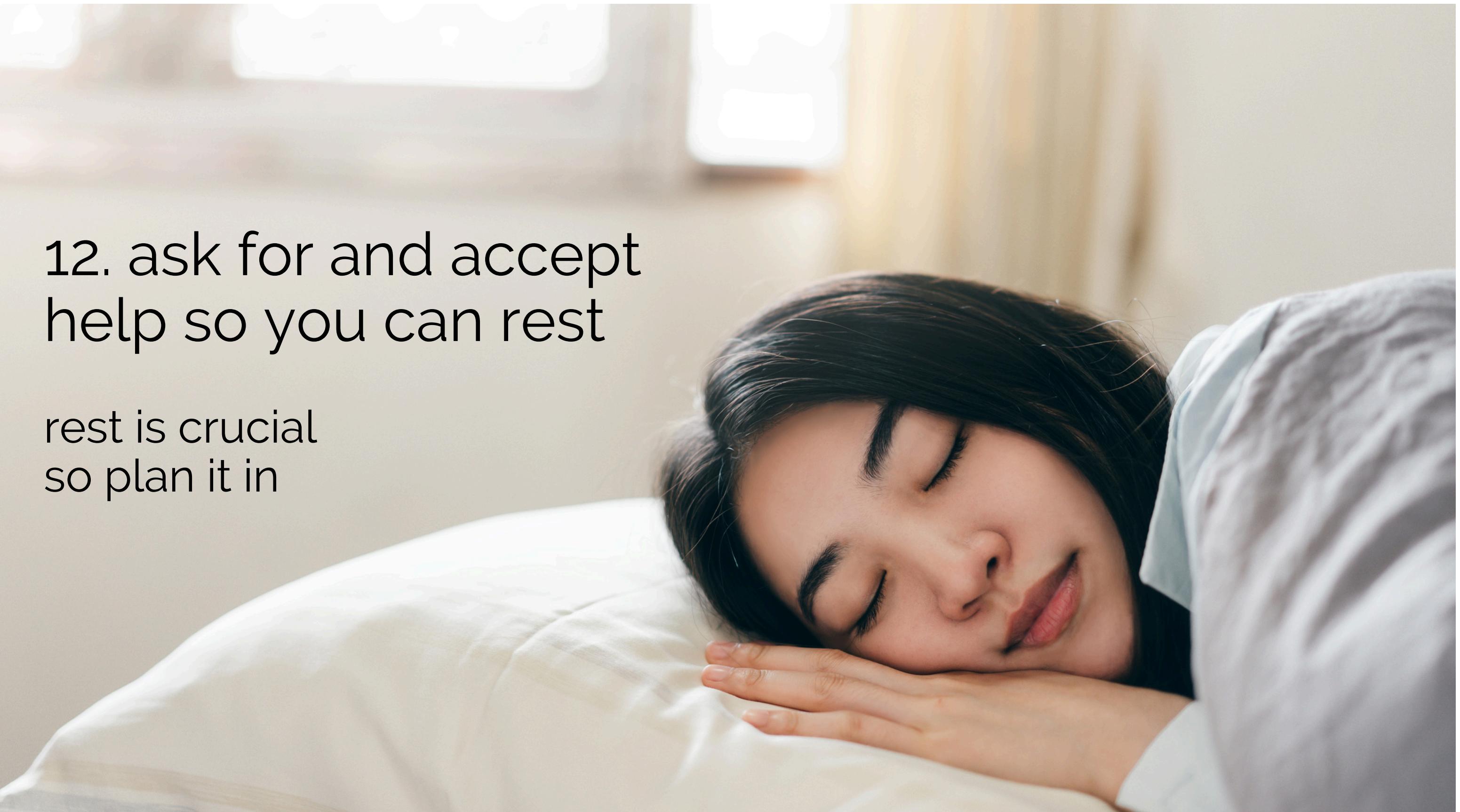
babies have different needs which mean they are not meant to sleep through the night - when they can they will

11. quick fixes rarely work



12. ask for and accept  
help so you can rest

rest is crucial  
so plan it in



## Let me quickly introduce myself...

As an experienced antenatal and postnatal practitioner, I have worked with parents, during pregnancy and throughout life with a young family, for over 20 years.

I am dedicated to providing a balance of information, support and reassurance, based on evidence and experience, so you can plan and work through the change and the challenges.

Having worked with parents for many years, I understand the different challenges, frustrations and needs. I also listen to and learn from the parents I work with so you can find what works for you and your family.

*Janine*



As antenatal & postnatal specialist, I focus on:

- strengthening knowledge
- providing insights into working with & supporting parents
- creating community & reassurance for parents