

Baby Sleep Toolkit

For all expectant & new parents

janine-smith.com | antenatal & postnatal specialist



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



9. know more about safe sleep

so you have peace of
mind that your baby is
safe in the cot
or in bed with you



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