

# Baby Sleeping Guide



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## **Everything You Need To Know About Baby Sleeping**

Your baby is going to be sleeping a lot. During the first few months, your baby will sleep for most of the day. You may not get any real interaction, or reactions other than sleep and crying.

### **Sleep**

After a few months, your baby needs to be put on a standard routine. Usually this includes wind down time, bath, feeding, massage, and sleep. You can always use soothing music to help your baby sleep, or even stuffed animals that have the reenacted sounds of the wombs in their belly. Be sure to not place the stuffed animals into her crib, as that is dangerous.

### **SIDS and Baby Sleeping Bags**

SIDS, Sudden Infant Death Syndrome is a syndrome in which an otherwise seemingly healthy baby suddenly dies in his sleep. There are things you can do to prevent SIDS. Always remember, Back to Sleep, place your baby on his back to sleep. Place the baby in well-fitted clothing and do not put any pillows, toys, or blankets into the baby's crib. You can also put the baby in a Baby Sleeping Bag, a garment that the baby wears and you zip up to keep the baby warm, without the fear of a baby covering his face.

### **Try New Things**

Try different things and see which works best for you. Try the baby sleeping in your bed, bassinet, co-sleeper and crib and see which one the baby naturally adapts to. Then every week, you can try a new sleeping source and see if the baby will sleep in that.

### **Your Marriage**

Just because you have a new baby doesn't mean you should not be putting effort into your marriage. It is still important to spend time with your spouse, both with the baby and separately. Talk, laugh, have fun, have sex, just enjoy one another.

### **Advice**

Take in the advice of your doctors and your parents. You can read books on how to get your baby to sleep. Ultimately though, you are going to know what works best for your new little one. So relax and have fun. What may at times seem like a lot of work, to get your baby to stop crying and start sleeping, you will only experience for a while with your child. Just love them and enjoy these new adventures.

## **3 Best Organic Baby Sleeping Bags**

Baby Sleeping Bags may be the one product that can help your little one sleep better. What are your options though if you only want eco-friendly organic materials near your baby's skin? You have quite a few actually!

### **1. Grembo Bags**

These bags made by the Organic Baby Company are a completely 100 percent organic cotton baby sleeping bag. The outside is a soft organic cotton material and the inside is organic flannel. It is ideal for year-round use. Their products are mostly muted, nude, natural colors, except for the bright orange on the Orange Sun Summer Bag that is on sale. Their products are free of all dyes, pesticides, insecticides, bleach and other harmful chemicals and abrasive ingredients.

### **2. Organic Baby Sleep Bags and Sleep Sacks**

These baby sleep bags by Nature's Baby Blankets. They are made from 100 percent pure, organic cotton, and contain no fire-retardant. They assure you that your baby will not be breathing in harmful chemicals from their Baby Sacks. They have neutral colors, with splashes of blue. While featuring the SIDS friendly sleeveless style, this company also offers long sleeved styles, some with a matching hat. Their products also contain nickel-free snaps. This company also has fleece styles and a wool bunting that is fabulous and looks so warm for baby. These products are made in China but in agreement with Free-Trade practices.

### **3. Home Grown Baby**

This Home Grown Baby Sleeping Bag provided by Organically Hatched is made of naturally colored, organic cotton. They are grown without pesticides on environmentally safe plantations. The 2.5 tog features an outer layer of 100 percent organic velour with polyester wadding. The cute design displays a flower pot. This one is the priciest at 87.99.

These are just a few of the choices for an organic baby sleeping bag. With the eco-friendly marketing that has been so abundant lately, there are many more outlets to find baby sacks from now. Read all of the information as some contain synthetic materials. Also, try to stick with baby sleeping bags that fit the guidelines that are suggested to prevent SIDS. You can try the various organic baby sleeping bag options and possibly find that your baby sleep through the night because of a comfortable, all natural product, designed to protect your baby. This is just a little something to ease your mind a little more.

## **All About Baby Sleeping Bags**

Have you heard of the Baby Sleeping Bag or Baby Sacks? They are product made popular in Europe and now it's made its way to the United States!

### **SIDS**

Baby sleeping bags if designed and fitted properly are believed to aid in preventing SIDS. This is due to the fact that baby is still kept warm, without the worry of a blanket coming too close to their face, and preventing air flow. Medical professionals stress that at an appropriate sleep sack has a fitted neck, ensuring that the baby cannot slip inside, must be sleeveless to allow for proper air circulation, does not

have a hood, and is rated at a maximum of 4 togs, or warmth measurement. You simply dress your baby in normal sleepwear and zip them into this wearable blanket.

### **Companies**

Different companies offer different styles from basic to luxurious, colorful, lightweight, added warmth, they seem to have thought of it all. You can even purchase organic baby sleeping bags if you prefer to dress your baby in eco-friendly attire. The organic baby sacks do not skimp on style either. They have very cute patterns as well. Most of the reputable baby sleeping bag companies provide their guidelines on their site if they meet the medical professionals' standards. The materials can be something as simple as 100 percent to cotton, to fleece and flannel and even silk.

### **Consumers**

Users of these baby sleeping bags swear by them. They believe they are the one product you need for your baby to sleep through the night. The baby sleeping bags also have the added feature of keeping the baby from climbing out of the crib. The zippers are designed so that curious toddlers cannot unzip them. Even though their legs are covered, they can move them within the sack. However, they are not designed to be walked in and can therefore provide you with an added measure that when your baby wakes up, they cannot climb out of the crib.

These products really are a great idea, and for some they didn't have to utilize any special technique, simply place the baby in the baby sleeping bags and their baby began sleeping through the night. What if it really is as simple as this? What if this Baby Sleeping Bag can finally provide you and your baby with a comfortable night's sleep.

### **Baby Sleeping and Intimacy**

It is important to ensure that your baby's sleep habits are not affecting your marriages intimacy. Your baby is now the center of your world, but your marriage can still share that spotlight.

#### **Talk To Your Spouse**

Make sure that in order to soothe any feelings of jealousy between your spouse and your baby, and there might be some, you still give your spouse attention. Talk to him about things other than your baby. Talk about sports, or golf, or something you know he will enjoy.

#### **Stop Talking**

One of the best things to do if your baby's sleep is affecting the intimacy you and your husband used to have, is to just stop talking and touch. Let him know that you want him. It is important to still have sex. If the baby is waking up in the middle of the night, try having sex in the morning, while the baby is still asleep. Even try it when your husband comes home from work, and perhaps the baby is taking a nap.

## **Get Going**

Go on dates with each other still. Being a parent is a great thing, but being a great wife and husband to each other is an absolute necessity. You can simply go and have dinner, and get dressed up like you used to for a date. You can even have a trusted babysitter watch your little one, or either of your parents while you have a special night or weekend out of town with each other. Even if you take the baby out of town with you, it is important to still go on a date, even if the baby is now on it. A great little get away, even for a night, can make a huge difference in how your baby's sleep pattern is affecting intimacy.

## **Touch**

It is important that after the baby is born you continue to touch your partner in soothing ways. A simple kiss here and there, or sitting on the couch next to each other while holding hands are great ways to show one another, that even though baby might be keeping you up at night, you still want each other.

## **Love**

Continue to tell each other you love one another and show it. Do not just use words. Surprise your husband with tickets to the big game, and give your wife a gift certificate to a spa.

## **5 Steps to Getting Your Baby To Sleep**

Do you want to make it much easier for your children to fall asleep? It really can be simple, just be organized and consistent. The following steps will help you.

### **Wear Them**

Wear your baby in a baby sling on your body for about 30 minutes before bedtime. This will make your baby feel comfortable and remember the tightness of the womb. There are many different options when it comes to baby slings. You simply have to choose what you are comfortable with. Keep the baby in front of you and also make sure that baby's face is uncovered to help them breathe correctly.

### **Bath**

Give the baby a soothing bath before bed time. Use calming or essential oils to help relax the baby even further. Even if he doesn't seem to like the bath the first time, do not give up. The first bath might be very scary, for you and the baby. Newborns are tiny. and their skin is soft, it gets extremely slippery when wet.

### **Massage**

Apply a few drops of natural essential oil to the lotion base you use and watch your baby's reactions as you give him a massage. Rub your hands gently all over the little one. See what he likes and what he doesn't and adjust. Be careful when rubbing over his little tummy if he just ate. You may find he has gas,

or that he belly is full. A back rub is a great way for a baby to relax. Make sure that you turn their head to the side so that their breathing is never constricted though. You can easily give a massage while the baby is laying down, but more than likely the newborn will want to feel your warmth, so you can apply the lotion while he is laying down and then hold him in your arms and massage.

### **Voice Soothing**

Talk to the little baby, let him look up at you with those little eyes and look right back into his eyes. Your face can be a great learning toy for the baby, and he will become fascinated. You want the baby to trust you so talk or sing him lullabies.

### **Sacks**

Try putting your baby into a baby sleeping bag or specialized baby sack. It may be just what you have been hoping for to get your baby to sleep.

### **Organic Baby Sleep Linens**

Do you want all natural bedding made of organic cotton materials to help your baby sleep through the night? Something that might help in your baby's sleep regimen is by outfitting his crib is organic linens. Remember to always have a firm mattress with a very tight fitting sheet, and nothing else in the crib in order to prevent SIDS.

### **Kush Tush Organic Sleep Shop**

For Kush Tush Organics, it is all about loving and caring for their family, community and country. They support all living creatures and believe in giving their love to future children through what we have on this earth. They focus exclusively on the best organic bedding and textiles. They are cruelty-free and support Fair-Trade, and strive to feature Made in the USA products. Their organic crib bedding is 100 percent free of chemicals and toxins. They also avoid allergens to prevent baby's delicate skin and developing body to be harmed. This site is a one-stop shop for your baby's sleep needs for bedding. They have a lot of pure white baby bedding, and some with elephants.

### **Cotton Monkey**

They keep it simple. They design products to protect your baby's skins. Their bedding is made with cotton grown from chemical free and pesticide free farms. Along with baby linens, they also carry adorable hooded towels made of organic terry and sateen. This will be very helpful while cleaning off baby after bath and get ready to sleep. Their baby bedding is gorgeous. It comes in many different styles, and truly offers diversity. You can get black and white zebra-looking flower stripes, blue and brown and even white-on-white. This is an incredible line, committed to making your baby comfortable.

### **Nature's Baby Blankets**

This website has everything you can imagine to assist your baby with all-natural beautiful products that will encourage a better sleep pattern. The creators wanted to invent a line that would bring the purest of products to their grandchildren. The best thing to do is visit their website, and look through it and discover the organic products.

These organic lines are wonderful options when trying to make your baby's sleep experience the most comfortable. Research them all and decide which one's best reflect your style and the comfort of helping your baby sleep better. Using organic and natural products that promoting the USA might already be helping you and your baby sleep.

## **5 More Tips To Get Your Baby To Sleep**

Does it feel like you are trying everything to get your baby to sleep though the night? If you haven't already tried these tips, they are great.

### **Feed Your Baby During The Day**

You want to train your baby to understand that daytime is for eating and nighttime is for sleeping. Many babies enjoy waking up to simply feel their mother's warmth, and enjoy some breast milk. It becomes a comfort and demand for babies who know that they will now receive it in the middle of the night. Many toddlers get so busy during the day playing, and discovering new things, they forget to eat. This is where you come in. Feed your baby every three hours. To break the habit of waking to eat throughout the night, you should give a full feeding at the first waking.

### **Give The Baby A Calm Day**

Are you very stressed out? Are you always in a rush? Perhaps leaving the baby at a day care provider too much for the baby. Perhaps the day care provider is not the right fit for your baby. Try and give the baby a calm day. Push your baby in a stroller, go for long walks to mellow out your baby.

### **Father Down**

Place your baby's head against the front of your neck with your chin resting on the baby's head. The vibrations of the voice can put the baby to sleep. If this doesn't work lie down with the baby in the same position and let the baby fall asleep on your chest. Once the baby is completely asleep, ease the child onto the bed. You can cuddle with the baby, and then gently slide away.

### **Wear The Baby, Literally**

Studies have shown that babies who are worn in a baby sling fall asleep better than babies who are not. About a half an hour before baby's bedtime wear the baby around the house. Make sure she is fully asleep and then place her into her crib.



## **Swaddle**

Newborns like for their clothes to be tight. You will more than likely receive a lesson on how to swaddle by the nurses before you leave the hospital. Older toddlers like for their clothes to be looser. Adjust the layer of clothing appropriately and dress baby in 100 percent cotton.

## **Baby Sleeping and Family**

Everyone is going to have an opinion on how to get your baby to go to sleep. You might want to try the advice of your parents and see if it works.

### **Parental Advice**

Your parents raised you. You might have the same sleep pattern as your newborn. You can ask your parents if they have any tips or steps that they can give you on helping your baby fall and stay asleep. Beware that some of their tactics might be either that they just let you cry or that they never put you down.

### **Try It**

Try to see if their advice works. Your mom might be able to give you a detailed plan of exactly what the routine was that used to work for you. Try it step by step. See if you get any results.

### **Change**

If you notice that your baby now sleeps an extra hour longer, that is great! After you try your mom's set routine, make a few adjustments. If you are used to giving the baby feedings throughout the night, opt for a full feeding after the first waking up period, and see if that soothes the hungry baby. After feeding make sure you change the baby's diaper. It can be that something as small as a wet diaper is making your baby so irritated that she can't take it and has crying bouts in the middle of the night.

### **Small Measures**

If you normally have the baby sleep in bed with you, try using a co-sleeper or a bassinet. These are good choices to free up your own personal bed space, but still allow the baby to be close. Co-sleepers attach at mattress level to the side of your bed. Co-sleepers can be effective as you have the ability to reach out and soothe your baby and then fall right back to sleep. A bassinet is like a small crib, usually with a canopy on top. You can place the bassinet in your room and she will only be a few steps away. You and your spouse will have the entire bed to yourselves but you will feel secure now the baby is still in your room.

### **Relax**

Just relax; if you are consistent your baby will learn to go to sleep. Make sure you are constant and stick to a routine.

## **Allergies and Baby Sleeping**

Is the reason your baby is not sleeping because she is allergic to something that is keeping her awake? Allergies can affect a baby in an enormous and uncomfortable way, and lead to discomfort through the night.

### **What Is An Allergy?**

An allergy is an immune reaction to substance, called an allergen. Allergy can range from mild, including pollen to a severe and fatal anaphylactic shock. Common allergies range from hay fever to insects, drugs to food. Many allergies can prompt asthma and cause life threatening anaphylactic shock brought on by food allergies that can cause death. When an allergen affects your baby by touching, breathing, eating or injection, the body views it as a harmful invader and releases histamines and chemicals to fight it off.

### **What Are the Symptoms?**

- Runny nose
- Watery eyes
- Coughing, particularly at night
- Congestion
- Red, irritated skin
- Swelling of the skin
- Sneezing

Skin and blood tests performed by your doctor can also determine an allergy.

### **What Might Be Causing an Allergic Reaction?**

Just about anything can cause an allergic reaction in the sensitive and still developing baby immune system. Common reactors are mold, dust, animal dander, milk, eggs, nuts, particularly peanuts, baby wash, detergent, clothing material. Mom's breast milk is a better choice, as some baby formula can cause a reaction.

### **What To Do About An Allergy**

Never, ever underestimate the severity of an allergy. Allergies can range from annoying nuisance to a life-threatening dilemma; it could also be what is keeping your baby from sleeping through the night. Allergies and asthma may be causing your child physical discomfort, or the inability to breathe. Asthma is a chronic disorder of the respiratory system. The airway swells, and breathing becomes difficult.

Asthma can occur daily, or in unexpected outbursts. Food allergy insomnia is a sleep disorder caused by intolerance to a type of food. Allergies affect over 20% of the U.S. population. If either parent has allergies or asthma, the baby may have inherited these conditions. As always the best thing to do is consult your baby's physician. If the reaction occurs immediately after contact, for example if your baby's hands begin to swell or she begins coughing right after eating a certain type of food, that may be your allergen. The best thing to do is avoid contact all together. If the baby's symptoms come about after interacting with a pet, the animal may have to be placed outside, or in the garage, to avoid harm to your child.

## **Baby Sleeping For You**

In certain baby sleeping techniques, you are supposed to just let the little one cry. Can you really do that? Even where you are supposed to try and detect why they are crying, and if it is a certain type of cry you just let them keep crying. Isn't that really hard to do, especially as a mother?

Think about it. You created this precious little baby. This sweet little thing that just looks up at you, as though you are the most amazing thing you have ever seen. It's not about wanting to spoil them, its just so hard to sit there and watch them, or rather listen to them cry.

You know you need to sleep and your husband needs to sleep, but all you really want is for this little girl to go to sleep, and not because you ignored her, or walked in detached, put a hand on her little back and walked out.

Sometimes when babies, cry no matter, what their age, they give you that sweet little look, or sad little tears and you just want to grab them up and wish you had a special little magic dust that would never make them cry again. Perhaps that's why it gets harder as they get older, because they don't act like they needed you as much as when only you could get them to sleep. Maybe that's why many moms and dads, even brothers and sisters don't like the crying. Maybe it's not so much an irritation that the little one is crying, but rather that you could take that little sad face away and make it happy again.

When babies sleep, they look so peaceful. There is nothing quite like watching a little one sleep. That's why as a mom you will do whatever you can do keep that peaceful look on their face. It's the same reason why when they get older, if they call you in the middle of the night crying, after a man she loved broke her heart, all you want to do is sprinkle that magic dust over her, to see that peaceful look again.

You should do what feels right when it comes to your baby's sleeping. No book, and no one can tell you what is right for you and your baby. If you want to pick her up and hold her when she cries from her crib, take her fall asleep, then go ahead and do it.

## **Baby Sleeping For New Dads**

Oh, dad, you are certainly wrapped around her finger aren't you? Why do people say that like it's a bad thing. A man caring so much for a child, my goodness, could there be anything more attractive? So what do you do when that little girl you love and that little boy that's your pride and joy just won't stop crying and won't sleep?

### **Identify What Is Really Important to You**

You know you have to sleep, because you have to work in the morning. And you also know that your beautiful wife, who your daughter looks just like needs to sleep because she is exhausted from a new baby. You know everyone keeps telling you she should be sleeping through the night already, and you can let her cry, it won't hurt her. So, you try that. You peek into that room, and you know she can already sense you, because the crying stops. She sees you as you start to back out of the room, and that beautiful little face bursts into tears. You just can't take it anymore when you look at her through the crack and now she knows you're looking at her. You walk in and she gives you that smile. You're done.

### **Make The Right Decision For You**

Yes she's got you. And that's okay. You can carry her into bed and place her between you and your wife. She holds onto you as though you are exactly what she needs to make her sleep better. So you all cuddle together, and just enjoy this time together. It's not always going to be this way. So, just try and enjoy it. Enjoy that she loves you so much that the only thing right now that comforts her is the warmth from you or your wife. Don't give her everything she wants, because you don't want her to be spoiled. But if this is the thing that works best for her and you and your wife, it is okay and there is no need to feel bad, because the family down the street had four kids who all slept in their own beds at three months. Don't do this forever. Maybe see if she starts to become okay with sleeping in her crib in time. If not, try those other techniques. But for right now, she needs you, so just enjoy it.

## **Enough is Enough Baby Sleeping**

When is enough, enough? When is it time to start to try the techniques of baby sleeping alone? That depends on you, and your baby. It is enough, when the joys of having a baby sleeping close to you, or waking you up in the middle of the night, truly start to affect you or your spouse.

### **No One Else**

It really has nothing to do with other people. If you are trying to compete with other families, it's a waste of time. This needs to be about your own family's needs. You need to be able to sit back and ask if this is the right time to add more stress to your life. Or is it the perfect time to take some out by having baby sleep in their room, in their crib.

### **Communicate**

The only way to a happy family, a happy marriage and a happy baby is through communication. Talk to your wife or husband and let them know that you're not sure if it's the right time right now to have the new little one sleeping on his own. Be honest. Ask for their opinion. If they are adamant one way or the other let them explain to you why.

### **Weigh Your Options**

Evaluate the options that you do have. You can continue to go on living a with a baby between you in both great and not so great ways, or right down the hall. Maybe you feel its' time to have the baby sleeping on his own because it's taking a toll on your sex life. Maybe you liked the feeling of being in only each other's arms on certain nights, without a baby crying.

### **Don't Let It Affect Sex**

Even though you have a baby, that doesn't mean you need to stop having sex, or being intimate at all. You can certainly have sex in other areas of your home other than your bed. And you can always have sex and be intimate with one another while the baby is sleeping.

### **Make A Decision**

You should come to the conclusion together. If you both think it is fine for right now, and other parts of your intimate relationship isn't being affected by the baby's sleeping quarters, than keep things the same for a while. If it isn't working, buckle down and get the technique going to get baby sleeping in his own room.

### **Refusing to Sleep**

This might be the biggest problem when it comes to baby or child sleep: refusing to sleep. There are even some adults who absolutely hate the idea of sleeping. They will push it off, often falling asleep on the couch, or even while sitting down having a conversation!

When a child refuses to go to sleep they are depriving themselves of sleep needed to grow and you and your partner of much needed rest and alone time. This may simply be a stubborn child who doesn't want to rest. It is key though to maintain a sensible bedtime, around 8 pm. You simply have to stick to a routine, let them know about a timetable, and relax them so they want to go to sleep.

There are signs of a sleepy child. A yawn is certainly one of them. Red or droopy eyes are others. As are tears before bedtime. It is as though their bodies simply shut down and the only thing that seems to work is their voice and tear ducts. Thumb sucking and flopping onto the floor are also examples that your child is tired.

You let them know it is 5 minutes until you take a bath. The bath can be one that includes lavender meant to relax the baby. Then tell them it is two minutes until you get out of the bath. Once they are in bed tell them you will read them a story and then they will go to sleep. Do not be surprised if they are

suddenly thirsty. Provide them with a glass of water before their bath and nighttime potty trip. Then place them in their bed, kiss them good night, tell them you love them and walk out. If they get out of bed, do not get angry simply walk them back into the room and into their bed and walk out. This may take some discipline, but you will eventually wear them out. Children will try every trick in the book, from I need milk, to my clothes are itchy, to please mom just talk to me. They will try and wear you down with their cuteness. But remind yourself that they need sleep and so do you. They need it to grow and not be irritated. You and your spouse need to be reenergize, and distress.

### **3 Great Companies for Baby Sleep Sacks**

The baby sleep sack or baby sleeping bag is a cute way to dress your baby. Baby sleep sacks have also been recommended to prevent in SIDS as the baby is kept warm, but there is not chance of a blanket covering the baby's face and restricting air. These baby sleep sacks really might just be the product you have been looking for in helping with baby sleeping.

#### **Sleep Huggers**

Christa Schaffer the Founder and President decided to create Sleep Huggers Inc. after she received a similar sack from a friend in Europe. She noticed that her babies slept better, and really wanted to bring the product to other people. The Sleep Hugger works like a wearable blanket. They offer Sleep Hugger Sleep Sacks for more warmth, Lightweight Sleep Sacks, and even clearance items at only 14.99. They are really cute and have great colors and designs. Their colors are a wide variety of pastels including pink, green and blue; as well as brown, tangerine and pink bunny print.

#### **Baby In A Bag**

This company is a family business, the owner Christina Riedel created the company after a visit to her mother-in-law's house in Germany. She was amazed when her mother-in-law placed their five-month-old baby in a garment she had never seen before. It was a baby sleeping bag. She was amazed she had never heard of it and what was even more incredible was that it wasn't available in the U.S. They have 100 percent cotton baby bags, and also a 75.00 PamperSack Royal Silk 100 percent soft Charmeuse silk and is available in white or light green. These include coordinate zippers and snaps. She also offers stylish animal print, and lightweight fabric for the summer.

#### **Grobag**

Grobag invented the toddler proof zip click that prevents toddlers from unzipping the zipper on their sleeping bag. They ensure that the bag fits properly, and are formulated to fit as small as 7 lbs. They also have a partnership with The Foundation for the Study of Infant Deaths. They carry very sweet Molly mouse, polka dot, apple, and sailboat designs.

All of these companies offer precious designs and are committed to promoting what seemed to really help their children to finally sleep. Try them out and see which line works best for you.

## **Teething and Baby Sleeping**

The tooth fairy has yet to grace her with your presence, but the first step to needing that little pixie: your baby teething. Can you imagine how much of a bother it would be to have a horrible toothache while trying to sleep? Try and imagine it for your baby.

Teething is the process by which infants teeth begin breaking through the gums. This process could be what is affecting your baby's ability to sleep. The standard teething period is anywhere between three months to as late as 12 months. Even before the three-month mark, the baby may begin to show signs of early teething.

### **Know The Teething Signs**

- Mood is poor
- Loss of appetite
- Chews on objects
- Gums are swollen or bruising
- Excessive salivating

The best way to check if a baby is teething is to do the gum-massage test. Your baby will more than likely allow a finger along their gum lines, than have the patience to have you look into their mouth for an extended period of time. You place your finger along the baby's gum line and feel for swollen ridges of pre-teething gums. Babies reactions to teething vary, some are once a month teethers to sporadically teething. The most painful may also be the most obvious: when many teeth begin to come in at the same time.

### **Sleeping While Teething**

During the day, try a teething ring, a water-filled rubber teething toy. Make sure it is a true teether, and not a smaller toy that may cause your child to choke. Mom or dad's fingers can also help to "chomp" on for the baby, and apply a gentle pressure along the gum line. A cold spoon, while held by Mom or Dad may help the teething process. Cold food including chilled applesauce, yogurt pureed peaches, cool frozen fruit juice, and a popsicle can help to soothe the baby's tooth pain. If the baby wakes up during the middle of the night, the best things to do is place a cool appropriate teething ring or fingers and soothe and hold the baby until fully asleep.

### **Consult Your Doctor**

A good pediatrician is a godsend. The best way to help your baby sleep though teething is through

medication: a numbs-it type gel, Orajel, and Baby Motrin. Before placing your child on medication, you should consult your doctor for the proper instructions.

## **5 Great Habits for Baby Sleeping**

Do you want to know about some options you can utilize during the day, to make sure your baby sleeps through the night? Here are 5 habits that you can try tomorrow.

### **1. Encourage a Busy Day**

During the day stimulate your baby through normal household lights and noises. Depending on their age, you can take them to a park, have a play date or just take them to the beach to play in the sand.

### **2. Monitor the Naps**

Naps are great for babies. It gives them an opportunity to rest, and you an opportunity to sleep or get things done around the house. Make sure the child is not sleeping for too long though, as long patches of sleep may severely disrupt their night time routine.

### **3. Nighttime Routine**

Have a nighttime routine. Always bathe your baby. Some babies love the warm water, others are terrified. Try a lavender bath meant to relax baby and help him sleep. After bathing, cuddle with the baby, glide in your gliding chair, and sing or read to the little one. Be consistent with music you play for the baby at bedtime too.

### **4. Baby's Natural Sleep Clock**

Some babies are night owls, while others are little dawn-roosters. If you see a natural pattern forming with the baby adjust your routine to fit around the baby.

### **5. Pacifiers**

Pacifiers are good options, and may even prevent the risk of SIDS, sudden infant death syndrome. Pacifiers help to keep the baby sucking throughout the night, but the parent might also be constantly waking up to place the pacifier back into the baby's mouth when it falls out. If you choose a pacifier, you might be able to simply sooth the baby back to sleep by placing the pacifier back in her mouth, instead of picking her up and letting her know that she only has to cry to be held.

There are many options you have when it comes to trying to get your baby to sleep. They are all really based on your preferences and what you are comfortable with, for both you, your spouse and your baby. You may want to try different options to see what you like best, or what you think is the most effective. But it is important no matter what you choose to be consistent, and see better results.



## **Baby Sleeping Organically**

Do you want your baby to fall asleep and only use eco-friendly products? Now you have many options to find the best all natural products for you.

### **Research**

Do your research. Make sure that your all-natural products really are made from organic cotton and are soft, so that they do not irritate your baby's very delicate skin.

### **Have Fun**

There are many organic websites now that provide you with a one-stop shopping space for all of your organic baby needs. Have fun looking at the various sites. Organic is not what it is used to be! There are now many stylish and safe products available to you and your baby. You will be amazed at the bright colors and soft materials of clothing, bedding and even toys.

### **Feed Her**

You can even now purchase organic food and formula. The best food for your little one is your own natural breast milk. There is a large variety of food to choose from you're your older baby, including organic yams, applesauce, cereal, and peaches. You can find organic baby food from companies including Gerber's.

### **Bathe Her**

You can even use natural products on your baby's skin. Aveeno has a great baby care line that is formulated with oatmeal and natural ingredients. They even offer great moisturizers for mom. Using these products will not make you fearful that the products you are putting on your own body and hands will irritate your baby's delicate skin.

### **Organic Others**

Make sure that you use 100 percent organic cotton material in clothing, shopping cart and car seat covers. Organic cotton will be free of pesticides and synthetic chemicals that you do not want your baby breathing in. Look for unique organic products to help your baby sleep, including organic baby sleeping bags. Make sure that these zipped up garments have the correct safety precautions, including a zipper the toddler can't unzip. Then just have a great time. You may feel great knowing that your baby is only being exposed to as many all natural materials as possible. You may find that your baby sleeps easier, because any allergens that may have been present before are now gone. Make sure to always let your baby know you love her, and you only want what's best for her with organic materials. It will be a wild ride, and now you can make it an organic one that leads to better baby sleeping.

## **Baby Sleeping Techniques**

There are many different techniques you can use when trying to get your baby to sleep better, or through the night.

### **Cry It Out**

There is the old-fashioned cry it out technique, that many people do not feel is okay. You simply let your baby cry all night long until he falls asleep on his own. This technique is frowned upon because there is a lack of attachment and caring that may affect your baby's ability to trust you.

### **Controlled Crying**

The controlled crying technique is used first, by understanding what type of cry should warrant attention. If the baby is crying in distress, always go to her and see what is causing the pain. This cry will be a continuous high pitched cry, or low groan, but it will be continuous. The other type of cry, is more than likely what your baby is doing now. It is known as the attention cry. It may start out as a well, but will then pause, as though the baby is waiting for a reaction, and then another cry. You are supposed to calmly go into the room, keep the lights off, walk to the crib, avoid eye contact, and gently run the baby's back, say "shh" and walk back out. You will notice that the baby will stop crying and then start again, either in a few minutes or an hour. You space out your time so that each time is farther apart than the last one in going in to soothe the baby.

### **No Crying**

Some parents simply can't stand the sound of their baby crying. They just want to stop what sounds like pain. If the baby is giving an attention cry, there is no pain, he just wants comfort. Some parents pick the baby up and hold until he goes back to sleep.

Whatever method you choose is up to you. You can usually see the best results with the controlled crying technique. Cry It Out can simply feel neglectful. Simply try and stay calm when it comes to your baby sleeping and your baby crying. You may feel irritated because you are also tired. Try and portray to your baby though that you love him and you want to soothe him. It may be the best technique that you can use, one that is filled with love.

## **The 5 S's To Baby Sleeping**

The Happiest Baby on the Block Method developed by Harvey Karp, MD. Dr. Karp is an Associate Professor of Pediatrics at UCLA and believes that babies were born at a time when they are actually in a "fourth trimester" and are not fully developed. He designed a series of techniques, when done with exact precision can get a baby to fall asleep and sleep an estimated 1-2 hours extra each night.

Dr. Karp's belief is that these methods recreate the tightness of the womb that the baby is used to.

### **1. Swaddling**

Tight swaddling recreates the tight touch and warmth that the baby now misses from the Mother's womb.

### **2. Side/Stomach Position**

Place your baby, while still holding her, either on her left side to help digestion, or on her stomach for support. Once she is asleep you can safely place her into her crib on her back to prevent SIDS.

### **3. Shushing Sounds**

These white noise sounds are reminiscent of the sounds heard within the womb, which is a whooshing sound caused by the blood flowing through the arteries near the womb. A vacuum cleaner, hair dryer and fan can reenact the sound, or you can purchase his white noise CD.

### **4. Swinging**

Baby was used to the swinging stimulation of the womb, and to be removed from it is a shock to the baby's system. Care rides and rocking can substitute for this now missing swinging. This motion is extremely calming and your baby has a hard time adjusting to it not being there.

### **5. Sucking**

The sucking that a baby does has effects on the nervous system. It triggers a calming reflex and releases natural chemicals to the brain. Sucking can be done with a bottle, pacifier, finger or breast.

This technique can be extremely effective. If you need more than just a simple written account, you can search Dr. Harvey Karp's name and find videos of him doing the technique. He stresses that there is a certain precision and style needed in order for the technique to be effective. He dedicates his life to studying babies, and the technique does work. It is essential to watch him do it, so that you recreate it in the right way and don't cause your baby any harm.

## **The Controlled Crying Technique**

Possibly the most effective way to get a child to fall asleep is through the Controlled Crying Technique. This is not the same thing as leaving a child to cry. Through this technique you are able to recognize if the child is simply wanting comfort, or attention, or if perhaps they need a diaper change.

Controlled crying can be hard for parents to do because most parents do not want to have to listen to their baby cry. This results in an emotional panic, where the parent feels the need to have to soothe,

and protect. You may feel like you are losing control, and feel a rush of adrenaline. It is simply your body's reaction to hearing your baby cry

### **Understanding The Cry**

There are two different types of cries. If your child is crying in a high-pitched continuous cry or a low, groaning sound. The child should be tended to. The child could be in severe distress or pain. If your child cries like this check on her immediately to see what is the matter. Crying for attention, or for comfort sounds different than the pain cry. It begins as a whimper or wail, but then breaks into intervals, as though the child is waiting for the result, or reaction, then it returns. Imagine it as a wave pattern, cry, wait, cry again. Until you can recognize the difference between the cries, it is not recommended to try this technique.

### **Technique**

The first time you hear the child cry, spend moments listening, it will be hard not to pick him up. If the crying is not distress, go to the child after a good amount of time. Don't turn on the light, talk or make eye contact, look at the tummy or nose, this may be very hard to do. Simply say "shh", and rub his back or tummy. Replace the covers and leave. Your child will wake and cry again, wait for double time to go to him, and do the same technique. When it happens again, double your length of time, and then repeat the technique. This will probably be in extremely difficult technique to master, because you simply want your baby to not cry and sleep. It may not get easier for you, but it can be extremely effective. The results should be seen in about one week.

### **Home Remedies For Baby Sleeping**

Have you ever wondered if there any home remedies you can do that will help your baby sleep through the night? There are a few.

#### **Baby Bath**

The bath can be an extremely soothing place for a baby. Use a gentle product such as Aveeno or Johnson's Calming Lavender product line to cleanse their delicate skin. While you are drying the baby, you can place a few drops of lavender into the bath water and run it again, on warm. The lavender smell will fill the bathroom and may relax your baby as you towel dry her. While the tub is filling again, breath in the aromatherapy steam and gently rock your baby and sing to her.

#### **Baby Massage**

You can drop a few drops of that same lavender or mandarin oil, into your baby's gentle baby lotion. These two oils are calming and have a sedative affect, making it easier for baby to sleep. You can gently give your baby a massage. Do it much lighter than you would an adult, remember babies are tiny and

delicate. Massage the baby oil over. She will love the way this feels and it may help her to sleep through the whole night.

### **Swaddle**

After your baby is all smooth and soft, swaddle her tightly so that she can feel that comforting warmth she was so used to in the womb. Sing soothing lullabies, or just talk to her in a soft voice. Let her know you love her with all her heart and feel so lucky that you get to put her to bed each night. She will feel your love. Even though a crying baby can sometimes be frustrating, imagine how hard it is for her adjusting to this big new world. Simple enjoy the fact that you get to cuddle with a beautiful baby and try and improve her baby sleep.

When trying essential oils and new baby products, you might want her to sleep with you to ensure no reaction occurs. You need to be certain any essential oil is exactly what it says it is. Make sure it is all natural, and only one or two products. You do not want to irritate the baby's skin. Soothing oils such as lavender and mandarin should be fine, because they are gentle, but one can never be too careful.

### **How To Put Your Child To Bed Easily**

So, your child won't sleep or you just want an easier way to put them to bed? Either way, there are some simple steps to getting your child into bed. Stick with this routine, and eventually your child will be able to do it on its own.

#### **Wind Down**

All events leading up to bedtime need to be in wind down mode. Voices should be quieter, playing should be less rowdy, and the overall tone should be calm. Just as an adult finds it difficult to go right to sleep if she is completely riled up, it is the same for a child.

#### **Bath Time**

Draw a bath and let the child know it is about time to take a bath. Also, give him a warning when it is almost time to get out. When it is time to get out, include the child in the routine. Ask him to pull the plug for you, even his ducky can help, and reinforce that he is doing a good job.

#### **Bedtime Story**

This is a great time to introduce your child to a wonderful bedtime story. Let her choose a book, but only give her a few choices. If she has a favorite read it, over and over, and over again. If you tell wonderful fairy tales without the use of a book, do that. You can engage her in the either types of story. Ask her if she can see the moon, or the bear, and what is it doing. If you are telling a verbal story, ask what she remembers it is the princess will do next.

#### **Communicate**

Sometimes after a story, the child wants to talk. This is important, have him lay back and relax. He can tell you about his day, and you can give him wonderful praise. Tell him he has been very good at listening lately. You can even talk about your day tomorrow.

### **Be Consistent**

If you and your spouse are alternating, make sure you both follow the routine. Don't fall asleep with your child, simply let her know it will be lights out soon. She should be drowsy and relaxed. The exuberant child might push for more. The best thing to do is reassure her that you will be there in the morning and that she is great and you love her.

### **Is Baby's Sleeping Affecting Other Children?**

Ask yourself this, do your other children seem a bit resentful of the baby's sleeping patterns? Perhaps the new little one is keeping the older teenagers awake on school nights. Maybe 7 year olds don't like that the baby gets the attention that she used to get. See if there happens to be a change in attitude right before bedtime.

### **Identify The Problem**

Notice if there is a big change in behavior with your teenagers or other children about 20 minutes prior to the newborn falling asleep. You might notice a slight irritation, or even a drastic change in behavior. Do not ever make a teenager get up in the middle of the night to check on the sleeping baby, that is not their job. That is your job.

### **Try A Different Routine**

Try to switch it up a bit. If you normally have the baby sleep in your bed, try putting her in a bassinet instead. If you normally let her cry, don't. Whatever it is you are doing. Just see if you change it for about a week, if the other children's behavior changes.

### **Jealousy**

One of the major problems with having a newborn is that other children can become extremely jealous. Do not think it is only a little one that this behavior can come from. Older children can feel that they are being neglected too, and that all of the attention is now on the new baby. Even yours spouse can feel jealous. If before the baby was born, you gave your spouse a lot of attention, make sure that doesn't change. It might be something that you have to work out, but it can easily be fixed. It is also necessary to put in place any jealous behavior. Let the other children know that it is not okay to be jealous, that there is enough love to go around for everyone. You can incorporate the new baby into activities, but also make sure there is still alone time with other children. Remember at all times that you are the parent, and you make the decisions. It is up to you to adjust the sleeping pattern of a child. And you may have to make changes in order to see any changes; it is just the nature of being a parent.

## **Multiple Bedtimes**

What do you do if you are trying to put a baby to sleep along with a 3 year old and a 5 year old? You apply very consistent routines, just at three different times. It can get tricky, but each child needs the different attention and it will work.

### **Little One**

Bathe your littlest one first. You can breast feed or give him a bottle. Make sure he is all snug and warm and rock on your rocking chair, or use the glider. While this is happening your other children can be winding down. They can be playing quietly, or watching a soothing DVD. They can drink some juice and have a snack, maybe a small graham cracker with honey, as honey is believed to help soothe the digestive system. Once the littlest baby has fallen asleep to the sound of your voice, place him in the crib and you can even switch on some music, or a recording of you singing or talking softly.

### **Older Ones' Bath**

Both of the older children can take a bath together, as long as they get along and don't get too boisterous. If they do get too loud, they should bathe at separate times. Either way, their baths should be soothing and relaxing. You can talk to them about various things, and tell stories, but they might just want to relax and play.

### **Bedtime**

Finally, if you can put both of the older children to bed together, that is great. Or if your spouse can put one to bed that is fantastic. Make sure that you switch off each night, so you get enough time with each child. The oldest can go to bed later. Tuck the child in and read a bedtime story, they may want to talk, so you can still do that. But let them know in a few minutes its time to sleep.

### **Older Children**

If you have a large break in age, you can let the oldest child help with the middle child. Having the child do something as small as getting the washcloth, or pumping the soap, can make the oldest feel like he is really needed to help out his baby brother. It is a great way to put some responsibility on his plate but really be the one doing the work. It also teaches him about caring.

## **SIDS**

Sudden Infant Death Syndrome (SIDS) is one that you need to know about when it comes to your baby sleeping. SIDS is a syndrome marked by the death of an otherwise healthy baby aged one month to one year. Very little is known about the cause of SIDS, but it is fatal. Imagine waking up to find that your

beautiful baby that was perfectly fine, not sick at all the night before had suddenly died. You would wonder if there was something you could have done to prevent this seemingly silent killer. SIDS is a terrifying thing to consider for any new baby. Research the syndrome and only follow the advice of your pediatrician on how to prevent it.

According to a study published in the October 2007 issue of Journal of the American Medical Association, babies who die of SIDS have abnormalities of the brain stem which controls breathing and blood pressure.

Prenatal Risks include the nicotine patch, inadequate prenatal care, heroin use, being overweight and infants sex. 61 percent of SIDS deaths are male. Post natal risks include prone sleep position, not breastfeeding, excess bedding including clothing, blankets, and stuffed animals.

The American Academy of Pediatrics recommends babies sleep on their backs to prevent SIDS. To prevent SIDS you should use close fitting, sheets on a firm mattress, with no excess bedding. Do not place stuffed animals, pillows, or fluffy bedding in the bed. In cold weather dress the baby in warm well-fitted clothing.

Sleep Sacks, or baby sleeping bags are recommended. The soft bag with holes for the baby's arms and head, along with a zipper allows the bag to be closed around the baby. The protective effects of the sleep bag limit the baby's ability to turn from back to front while sleeping.

SIDS is a very serious condition. During your prenatal care, you need to find out as much information as possible about the syndrome, as well as how to prevent it. Although there may not be an enormous amount of information regarding what causes SIDS. The things that are advised against, should never be placed into the baby's crib. No one wants your new baby to be one of the lives lost to this syndrome, so please follow your doctor's instructions on exactly what SIDS is and how to prevent it.