



Now you can help your baby to sleep and get your life back, today!

Sleep and Settle Secrets-May 2008

A Note from Natalie

Hi, it's Natalie from Sleep and Settle®, I want to empower you with confidence and practical strategies to improve your baby's sleeping, feeding and playing. I want to give you your life back!

It's back to the school routine now and while the girls are groaning about early mornings and homework, assignments, high school exams etc, I am enjoying the peace of my office to think and answer emails and have conversations without needing hand signals for silence while I'm on the phone. I have developed a nice variety of hand signals actually, ever since I became a breastfeeding counselor when the girls were 2, 4 and 6 years old and I needed to answer calls from distressed mums at home on a volunteer roster.

There's the 'flat hand toward the child' for "stop and do not talk right now", the 'finger to the mouth' for "shh", the 'strong pointing towards the door' for "get out of this room now!", the 'hand across the throat' for "cut it out and stop hurting your sister!", the desperate 'head in the hands on the desk' for "what was I thinking trying to do this with children?" (which was not good because it brought the children closer to make sure I was still alive) and sometimes the ever popular 'combination of frantic signals' which had the girls totally confused but in no doubt that mummy wasn't happy!! I wish to apologize now to many of the lovely ladies that I may have helped and the ones who might ring me if the call is disjointed and I appear a bit vague. Occasionally I do interrupt the call for a second if one of my darling girls is about to kill a sister, or my nine year old needs reminding that she doesn't know how to cook the planned dinner or the teenager should not be cutting her own hair! Have you ever noticed that your children always wait until you are cornered on the toilet or stuck at the desk writing an email or concentrating on the phone before they decide to ask big questions or want school notes signed! But...it's all worth it and when I tuck them in and kiss them goodnight I feel like I won lotto three times over.

**The topic for this newsletter is prompted by a recent client, thanks Emma:**

## **Why does my baby over 9 months wake so early in the morning?**

There are many reasons for your baby over 9 months waking early in the morning around 5-6am and not wanting to go back to sleep. (Keeping in mind that waking around 4am in a baby over 9 months usually indicates that the baby is cold and needs to be dressed warmer under the sleeping bag/wrap). If the early waking is not working for your family and you would like to try and extend the morning wake time, we firstly need to identify the possible cause of the early waking. Such as:

- Too much light coming in the bedroom
- Household/environmental noises
- Not dressed warmly enough for the early morning temperatures
- An early breakfast
- Waking for a milk feed
- Habits and routine of an early start to the day as a younger baby
- The timing of the first day sleep
- Your baby's bedtime in the evening
- genetics! Your baby is made up of two parents

So once you decide what the possible causes are you can begin to play with some solutions. Always give each try at least a week to have an effect on your baby's body clock and be patient.

- It is easy to adjust the amount of light coming into the bedroom with appropriate window coverings of any sought. Whatever is handy will work, it doesn't have to be professional or expensive to be effective.
- Sometimes we can train the family to be quiet around the house early in the morning, but sometimes outside factors affect your baby's waking. Try playing soft music such as 'music for dreaming' on repeat all night to cover some of the noises and wean baby off the music in a few months
- Over 9 months Babies are very mobile in the cot and should be dressed for the night assuming they are rolling around in the cot and will not be under the warm covers all night. Think how you would feel sleeping in what you have dressed your baby in, if you were sleeping on top of your blankets without a partner.
- If your baby is currently enjoying early morning milk feeds or gets breakfast as soon as they wake, this is a nice reward for waking. If you are happy to offer these feeds, early mornings are a consequence. If you don't think baby needs these feeds and they are waking for them as a habit, you can drop them if baby is over 9 months and eating well during the day. This is a personal decision.

- Sometimes mum and dad need baby to get up early for the working schedule during the week but want to encourage a sleep in on the weekends. Unfortunately baby doesn't understand the difference between a Tuesday and a Sunday, so I recommend that you treat every day like a Sunday and encourage a sleep in until the last minute and arrange breakfast for baby at the place of babysitting
- If you reward your baby waking early in the morning with a sleep shortly after breakfast, you are encouraging early waking.
- If you put your baby to bed too early in the evening, they will meet their sleep quota earlier in the night and not be able to sleep in to your reasonable wake time in the morning.
- The last and obvious reason is that if you or your partner is an early riser, it is possible that the baby takes after the early riser and will always grace you with their presence when they wake!

*Tip: If your baby's routine is working for your baby and your family don't change anything! If the routine needs fine tuning, first look for the possible contributing factors, then put an organized plan in place and monitor your results to see what works.*

## **Sleep and Settle Seminar Series 2008**

My next seminars in East Maitland and Newcastle are in July 2008. visit <http://www.sleepandsettle.com.au> for more information and ticket sales. Book now, small personal groups and limited tickets.

Yes, You Can Get Your Life Back, Today!

The empowering Au\$27, 50+ pages Sleep and Settle 'Sleep Package' age ranges are now:

- 0-6 months
- 6-12 months
- 12 months and over in a cot
- 2 years and over in a big bed

Or check out the range of 'Secrets' Au\$5 to offer you valuable extra information in addition to the Sleep Packages!

- visit <http://www.sleepandsettle.com.au> and see 'products'

**Testimonial From Angela, Mum to Liam (Hong Kong).** "I used Natalie's Sleep and Settle package product for 0-6 months after my 7 week old got progressively worse and worse with sleeping to the point where he would not sleep until he was collapsing from exhaustion. Applying Natalie's technique worked the first time (as promised) and we haven't looked back. I would say it's nothing short of miraculous and has made me more confident with my baby and more tuned in to him and his needs. You do have to do what Natalie says and follow it to the letter though!"

## **About Natalie**

Natalie Ebrill RN, CFHN, Post Grad Dip Health Promotion, 'New' Single Mother of three beautiful daughters 13, 11 and 9 years, Baby Sleep Consultant, Child and Family Health Nurse, Registered Nurse and Breastfeeding counsellor. Natalie established her 4th baby, 'Sleep and Settle' in 2004.

Natalie provides Personal in home consultations in the Newcastle, Hunter and Central Coast areas of NSW, Australia. Telephone and email counselling in Australia and world wide, instant downloadable products from <http://www.sleepandsettle.com.au> and seminars each year.

Natalie Receives daily testimonials from happy clients who are amazed that after "reading everything and phoning everyone" are finally unlocking the keys and having 'light bulb' moments to help them solve their baby/toddlers sleeping issues and they are getting their life back!! See 'testimonials' on the website <http://www.sleepandsettle.com.au>

email: [natalie@sleepandsettle.com.au](mailto:natalie@sleepandsettle.com.au) or call office: 61 (02) 49634460 Mobile: 0437 633953 Merewether, NSW, Australia.

## **Natalie Recommends These Services**

### **Child Safe Hunter Valley-For Capsule Hire**

Talk to Steve phone: 02 49213374/ 0439 690 260 On the John Hunter Hospital site, for hiring or sales of baby capsules, bassinets, child restraints, porta cots, boosters and prams.

### **ABA- Australian Breastfeeding Association**

The Australian Breastfeeding Association is a non-profit organisation established in 1964 to encourage and support mothers who wish to breastfeed their babies and to provide skilled and loving mothering, while creating in the community an awareness of the importance of human milk. The ABA provides support and information through local groups, telephone counselling, email

counselling, the Lactation Resource Centre and the retail store 'Mothers Direct'.  
visit: [www.breastfeeding.asn.au](http://www.breastfeeding.asn.au) Phone: 03 98850855

Happy sleeping,

Natalie

