



# Welcome to Sleep and Settle Secrets November 2007

Hi, it's Natalie from Sleep and Settle® with some tips to empower you with confidence and practical strategies to improve your baby's sleeping, feeding and playing.

**Limited number of specially priced 'Triple CD packs' left over from the seminars available until sold out: see below!**

**This months secret is 'How to cope with the holiday season'.**

As the weather warms up and we approach Christmas and the holiday season some of us smile and relish the sun, parties and wonderful Christmas food and some of us want to move to Tasmania so our brain doesn't melt from the heat and our babies can happily sleep wrapped! Sometimes the 'frontlog' of what you need to do in order to go on holidays is worse than the 'back log' of what you need to do when you get back home! Are you sure you want to go??

When you know life is going to be busy and you may not be able to follow your normal routine, it is a good idea to plan as well as possible to avoid disaster. Simple things like making sure baby can feed and sleep when they are due to. Planning meals, snacks, entertainment and sleep times for your toddler. If you are going to be very brave and very social this summer it helps to make sure your baby and toddler are sticking to their normal sleeping and feeding routine as much as possible. Some occasions will clash with sleep times but you will want to go. Just remember that your baby and toddler may appear to cope on one occasion, but the missed or disjointed sleeps will add up and leave you with an overtired baby/toddler and it won't feel worth it. Try and plan to have visitors over at your place rather than going out as often, at least you can be social and your children can sleep in their own beds.

For those parents who will have their baby sleeping in other places over Christmas or are going on holidays it is a great idea to ask questions about the window

coverings where your baby will be staying. (preferably ask a parent not a teenager, who will have no idea!) From experience, your friend's places (especially those who don't have little ones) and holiday accommodation never have dark enough coverings on the windows. This may be the last thing on your mind now, but will be the first thing on your mind at 5 am when your little darlings are awake with the birds because the sun is pouring into the bedroom! and prevents day sleeps for the same reason! Purchase and pack a king size **black sheet** (or 2!), some thumb tacks, pegs and creative genius for creating dark bedrooms, or you will never call it a 'holiday' again!

The other consideration at holiday time is where everyone will sleep! You may have no choice or may decide to save some money by sharing a room with your children in the holidays. This is the next best 'holiday killer' to the sun coming in and is the reason for a lot of my consultations. Contemplate the reason for the travel and remind yourself that you are supposed to be enjoying your self! If you can afford to, get separate rooms. If you can't do this you will need to try and create a visual barrier between yourself and the baby over 3 months of age. When your baby/toddler knows you are right there next to them they have a reason for waking in the night to see you! Then especially when you are at the relatives house and you don't want to disturb them, most parents resort to feeding their baby to keep them quiet (even if they don't need it) and start a new habit in one night!

When planning to travel, plan the best time of day for your baby/toddler's sleep. Make sure you all have regular breaks for feeding and massaging square, numb bottoms and allow the toddlers to wear themselves out. Plan activities and music for the car and shade for the sun coming in the windows. It might take you longer to get there but it's better not to have a frazzled family at the end of the trip.

**Tip:** Plan for everything. Sleeping, feeding, playing, (refusing to sleep, feed, play), extra clothing and unexpected delays!! Most of all be flexible and make sure your baby/toddler's needs are met or you won't enjoy the season. There is a reason that lots of families don't go on holidays you know!

## **Sleep and Settle Specials**

Thank you to everyone who came along to the 'Time for sleep!' seminars. We had a great time and I will be running them twice a year from now on. Look out for more details next year.

**I have a limited number of significantly reduced 'Triple CD packs' left over from the seminars, only until sold out.**

I am offering the '**0-12 months**', '**1-2 years in a cot**' and '**2 years and over in a big bed**' **Cd's** with all of the comprehensive information on sleeping, feeding

and playing and the strategy for each age group: **all 3 for \$127** (+\$5Postage). Normally this would cost **\$400** if bought individually on the website. If you would like to purchase the limited Triple CD packs please send me an email with your phone number to arrange delivery.

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