



**"Sleep and Settle Snippets' Sept 2007**  
**"Help! My baby was sleeping through and now they're not!!"**

Sound familiar?

Hi, it's Natalie from Sleep and Settle with some tips to empower you with confidence to cope with your baby's sleeping and settling. There are lots of developmental reasons that your baby may suddenly stop sleeping 6-8-12 hours during the night.

**At 3-6 months** your baby gets distracted and will only feed in a dark cave with sound proof walls, what they miss out on during the day they make up for in the night

**From 6 months** if solids are pushed too early baby can wake with tummy pains.

**From 7 months** during teething baby may wake in pain and/or an earache from a runny nose.

**From 9 months** babies are encouraged to eat 3 meals a day and the milk feeds become a compliment. If baby's calories are 'empty' calories they will wake hungry in the night.

**At any age** if you put a bedtime routine in place and life circumstances change the routine, habits can creep into the night time parenting.

**Tip:** Have a proactive plan to make baby comfortable and content when they are not feeding properly/ sick/ teething or there are life distractions. Resume a self-settling routine as soon as possible after.

**"time for Sleep!" seminars October 2007-book now on website!**  
**For instant downloadable information or personal support contact**  
**[www.sleepandsettle.com.au](http://www.sleepandsettle.com.au)**

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