

WWWHHH-YYY WON'T MY BABY SLEEP?

BY KIRSTEN TAYLOR

CHIEF FORMULATOR SLEEPDROPS
INTERNATIONAL, MOTHER,
NATUROPATHIC SLEEP SPECIALIST





PERSONAL MESSAGE FROM KIRSTEN TAYLOR

MOTHER, FORMULATOR, AUTHOR

Dear tired Parent,

I know times are hard. A non sleeping baby takes its toll on everyone in the house. I've been where you are. My son didn't sleep for almost 2 years! I know you are worried and at your wits end. But don't worry we can work together to get your child sleeping better. This e-book is full of great, practical information and dedicated to helping you look at the most common pitfalls that might be occurring at your house. Many are important considerations with information you may not have thought about before. There is no right and wrong but we want to make sure you can get on top of the situation and have a positive impact on supporting your baby to sleep better.

We even provide you with a check list so you can literally just go through and tick off each box. I know you can't think straight when you are sleep deprived. Don't worry. Bring up the list and print it off so you don't have to think. Check off each box one by one, do them all and your baby will sleep better – guaranteed. Easy!

And as always we are here to help you. You are definitely not alone. Contact us through our confidential exclusive Facebook group you should have already received an invite to and let our sleep experts and our community help you to get your baby sleeping.

YOU can have a sleeping baby.

You can have a happier, healthier life and feel like your old self again – perhaps even a new BETTER you!

Kindest regards,
Kirsten Taylor

About Kirsten

Kirsten Taylor is a passionate sleep advocate, fully qualified Naturopath, Medical Herbalist, Nutritionist, Homeobotanical Therapist and Natural Fertility specialist. Kirsten works tirelessly to highlight sleep issues in the community and has helped 10's of thousands of people each year to improve their sleep. Kirsten is also a Mother and the Founder of SleepDrops International Limited – A natural sleep health company strongly committed to improving people's lives through better sleep and stress management by providing information, support and cutting edge naturopathic sleep and stress products of the highest quality to people of all ages.



With a butterfly
kiss, and a ladybug
hug, sleep tight
little one, like a
bug in a rug.

—Author Unknown



CONTENTS



2 PERSONAL MESSAGE FROM KIRSTEN TAYLOR

8 COMMON PITFALLS PARENTS FALL INTO WHEN THEIR BABY IS NOT SLEEPING

5 Thinking there is nothing you can do to help your baby sleep

6 Trying to resist the baby changing your life

7 Starting bad habits which you will regret later

8 Missing your baby's tired cues

9 Not respecting circadian rhythms and the impact of light/dark on sleep patterns

10 Misunderstanding why my baby is crying

11 Losing confidence in your parenting ability

12 Fear you are hurting your baby – letting go of the guilt

13 29 POINT TROUBLE SHOOTING CHECK LIST

1

THINKING THERE IS NOTHING YOU CAN DO TO HELP YOUR BABY SLEEP



Many people believe that sleeping is a completely natural process that should come straight from nature into the cellular DNA programming of our babies and therefore nothing should be done to interfere with this process.

In an ideal world you would be right. However if your baby is not sleeping well, according to all scientific measures of what well means you **NEED** to do something about it. Not just for your baby but for you, your family and your relationship. Letting a mild sleeping problem turn into a major one because

you didn't act fast enough is not a good strategy. There are many easy things you can do to help your baby sleep better, naturally, without adding stress to your life or endangering your baby's health in any way. Start by reading all this wonderful information packed material we have given you. You will feel empowered and ready to make a change for the better.

2

TRYING TO RESIST THE BABY CHANGING YOUR LIFE



Take a deep breath right now because I have something to tell you. Your baby has already changed your life. I often meet modern parents who are determined to make their baby fit into their life.

They are absolutely determined that this beautiful little human being is not going to alter their lives. As my mother would say “Have I got news for you!” They do. Change is the one constant of parenting. They change and we change. It’s a joy and it is necessary to be open to this and to learn to go with

the flow. I was once told by a very wise woman that “They are the rock, you are the water” – that philosophy sums up an attitude that when embraced by parents makes the whole process more happy and less of a struggle. If your baby wants to go to sleep you cannot force it to stay awake by jiggling it around on your knee just because you want to stay at the party or the coffee shop a bit longer. Do the right thing and put them to sleep. Choose the easy way. They are the rock, you are the water. It’s easier and believe me - in the long run you will thank yourself.

3

STARTING BAD HABITS WHICH YOU WILL REGRET LATER



There are 2 main areas that parents make mistakes in this area:

- 1) Staying in the room until the baby is asleep because they want to make sure they are asleep and they don't want to come back in multiple times. This is a bad idea because it sets up the pattern of the baby not being able to fall asleep on their own. I made this mistake. I was so enamoured with my baby that I stood over him gazing at him adoringly, stroking his forehead lovingly until he fell asleep. I can tell you at a year and a half this is no longer cute!
- 2) Using large movements to help the baby drop off to sleep. Movements such as rocking, swinging, bouncing etc. are fairly commonly accepted and even encouraged for the first few months of the baby's life. I believe this is because the movement also helps to get the "gas bubbles" out of the baby's intestines. But ideally we are wanting our baby to sleep in a bassinet or a cot in the long term, so the whole sleep experience needs to be calm, still (not moving) and comfortable. A bassinet cannot move and so we shouldn't set up that habit by swinging or rocking them UNLESS they won't sleep any other way. By all means pat your baby's bottom and make sure they are "burped" properly but then pop them down in their bed while they are still awake so they can go to sleep.

4

MISSING YOUR BABY'S TIRED CUES



THE MOST COMMON TIRED CUES ARE



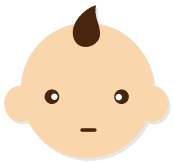
1. Yawning



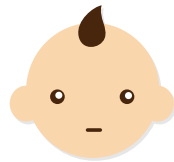
2. Fluttering eyelids



3. Difficulty focussing



4. Going cross eyed



5. Staring into space



6. Making jerky
movements



7. Arching backwards



8. Frowning or looking
worried



9. Crying or grizzling



10. Rubbing their eyes



11. Startling easily

There are some common signs that your baby is needing to go back to sleep and it is good to be aware of these because if you “Miss the window” as we refer to it, it could spell disaster... meaning additional hours trying to soothe an over tired baby.

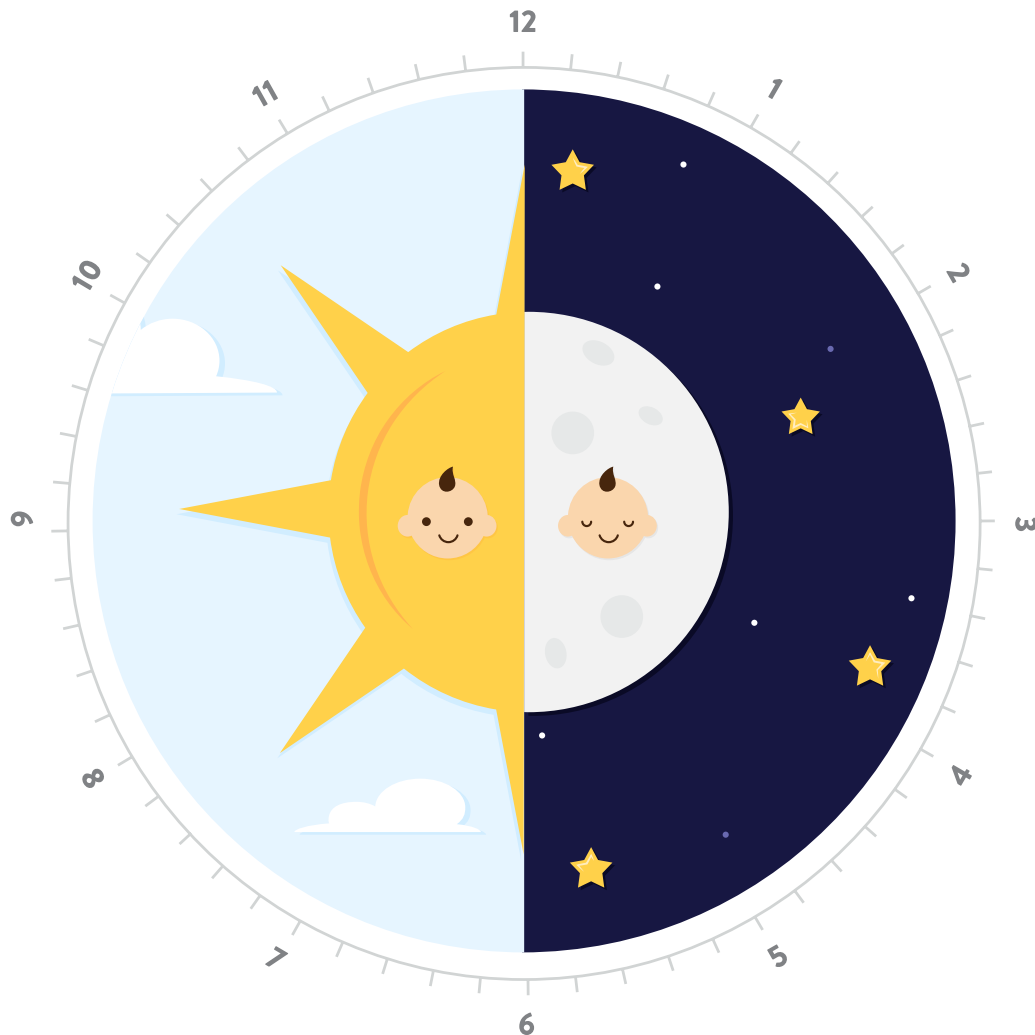
Whilst these cues are very helpful, not all babies do them and they can be easily missed so focussing only on these as a way of determining when your baby needs to sleep may not be the best policy. Another way to ensure your baby gets enough sleep is to keep your eye on the time. Babies have a body

clock too. A new-born up to 6 week old baby has wake cycles of 45 minutes to 1 hour. A 6 to 12 week old will do best only being awake for 1 to 1.5 hours and a 6 month old will only be awake for 3 hours and have 2 naps lasting at least 1.5 hours each time. Focus on keeping to these time frames and avoid the tired cues completely – that way you can't risk them being over tired in the first place!

Please refer to our age appropriate Sleep Cycle chart in our [Peaceful Night Sleep Routine – An Easy Step by Step Guide](#).

5

NOT RESPECTING CIRCADIAN RHYTHMS AND THE IMPACT OF LIGHT/DARK ON SLEEP PATTERNS



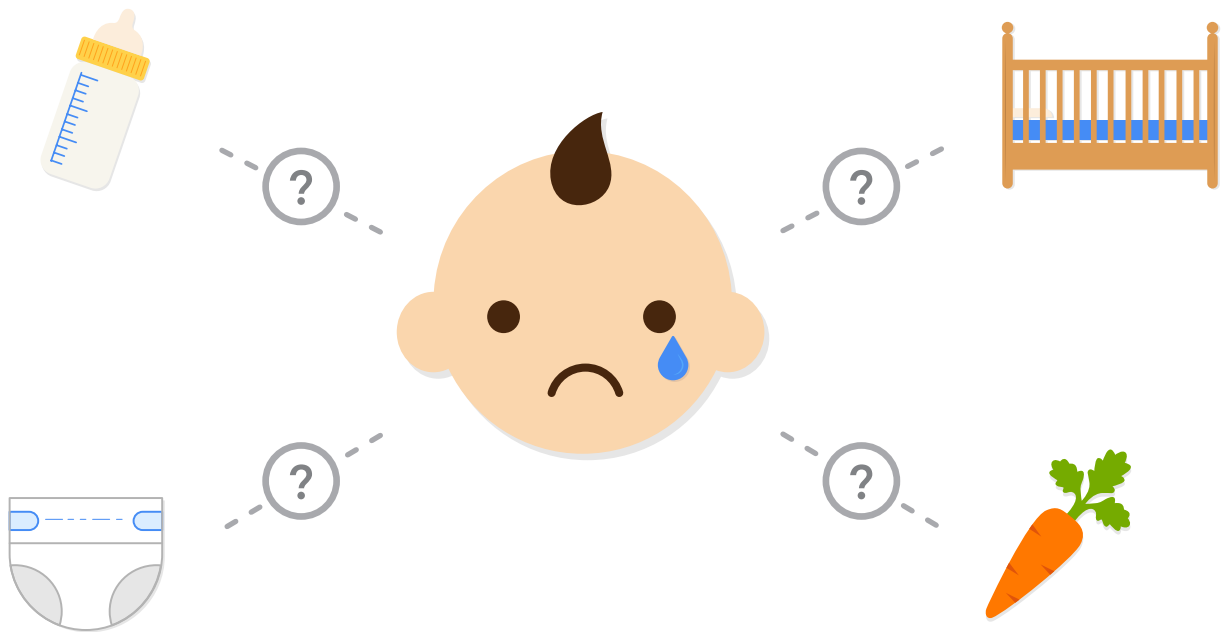
All human beings both large and small are governed by our internal body clock which is known as our circadian rhythm.

This internal body clock is controlled by our exposure to light and dark. Simply put exposure to light wakes us up and exposure to dark puts us to sleep.

This mechanism is completely influenced by melatonin, our body's sleep hormone. Darkness activate the pineal gland to release melatonin and this in turn makes us sleepy. Babies can only produce small amounts of melatonin and it can take up to 12 weeks for a new born baby to have a

regulated circadian rhythm that responds perfectly to these clues. For that reason it is very important for parents and caregivers to bring their babies out into the light to wake them up, change them, feed them and play with them during their wake time. And then pop them back into a quiet, dark room for sleeps.

Make sure their room is dark and blocks out house lights and street lights. Make sure you carry a dark blue or black blanket with you while you are out and about so you can safely cover their pram, car seat or whatever they are sleeping in to block out the light. Make sure you leave room somewhere for air flow or oxygen.



Babies cry. It's how they communicate.

We've just established that it can take up to 12 weeks for a baby's circadian rhythm to get established. If we do everything right in the first 12 weeks and support them to go to sleep and wake up properly then from 12 weeks onwards things should significantly improve but before then, crying is how your baby tells us he's awake, tired, hungry, wet, not feeling well, got a sore tummy or reacting to something in his body or the external world. As a parent I made a commitment to being open to my son's communication from the moment he was born. This doesn't mean I leapt up and rushed to him at every little cry. If I knew why he was crying I could make an informed decision. Every parent is different but surely we have to try and establish what they are communicating before

we choose to react to it or not. Please refer to the check list that accompanies this so you can better ascertain why your baby might be crying. Some parents like the idea of using a pacifier because they help to soothe the baby however popping this in their mouth as a default position at the first sign of a grizzle, cry or otherwise may stop you from being able to learn more about your child.

Most importantly TRUST your abilities as a parent. If you feel something is wrong seek medical advice. If they don't listen seek alternative medical advice.

7

LOSING CONFIDENCE IN YOUR PARENTING ABILITY



Sleep deprivation is used as a common method of torture in secret agencies around the world for a reason. Because it literally IS torture. The impact is massive.

The person experiencing it starts to doubt their ability to judge situations properly, to make rational and clear decisions and to function on all levels of their being. These signs of sleep loss don't change just because you happen to have had a baby. Having a new baby or a baby who has not been sleeping well over a long period of time has a huge impact on the confidence of the parent. Many parents were

previously high achieving individuals who prided themselves on being reliable, make it happen kind of people and to now have a baby who is struggling to sleep which is impacting on the whole family can be mentally and emotionally very hard for the parents. It is important for you to know you are NOT alone. This is very common and you are not a failure. If you are feeling anxiety around the situation it is a normal and human response to a stressful situation. You DO know best and you ARE doing your best for your baby.

8

FEAR YOU ARE HURTING YOUR BABY – LETTING GO OF THE GUILT



If you love your baby, are actively seeking support for your baby, trying different methods to help your baby sleep, referring to our Peaceful night sleep routine, going through our [“29 point baby sleep check list”](#) and making sure all of the points are ticked off, have read all the information on the [“Baby Sleep Tips”](#) advice sheet, checked on dietary influences, spinal alignment, cranial rhythms, have consulted your Doctor or paediatrician and made sure there is no medical reason your baby is not sleeping, giving your baby SleepDrops for Babies before every nap, every sleep, consistently and regularly....for at least a month

Then YOU are literally doing ALL that you can – YOU are NOT hurting your baby. So please let go of the guilt. It's highly likely that with the right dominoes lined up your baby will literally start sleeping any day or any night now so stay in a place of love and flexibility. Remember you are the water and they are the rock. Let the guilt go. If you don't, you are only hurting yourself and further hindering your ability to enjoy this precious time.

29 POINT TROUBLE SHOOTING CHECK LIST



FOR WHEN YOUR BABY WON'T SLEEP.

Use this check list when you are too tired to think. It helps to rule out most of the common reasons why your 0-3 year old is not sleeping and gives you a way forward.

Baby/Room/Routine	Area of analysis	Yes/No
My Baby	Too cold?	
	Too hot?	
	Over tired?	
	Hungry?	
	Wet/Dirty Nappy?	
	Colic/Gas bubbles?	
	Cold virus?	
	Teething?	
	Recently vaccinated?	
	Fever?	
	Childhood illnesses?	
	Reacting to formula?	
	Reacting to food?	
	Medical condition?	
My Baby's Room	Too hot?	
	Too cold?	
	Too noisy?	
	Too light?	
	Too dark? (turn off all lights once asleep)	
	Too stimulating?	
	Electronic influence? Fuse box?	
Routine	Age appropriate?	
	Consistency/sticking to it?	
	Putting too much emphasis on day?	
	Putting too much emphasis on night?	
Home	Family stress?	
	Noisy siblings?	
	Environmental influences?	
Disclaimer	This check list is designed to help parents remember the most common reasons why their baby or child may not be sleeping and is not considered exhaustive. It is not intended to replace medical advice. If symptoms persist please visit your health care physician to seek professional advice.	



We hope this resource provides you with new ideas to consider and strategies to put in place for supporting your little person to sleep better. SleepDrops is committed to helping as many people as we can sleep better through sharing information. None of the information is intended to be medical advice. It is intended for you to read and see if it fits with your family and personal philosophy. If you have any questions at all please contact us at support@sleepdrops.co.nz

Happy Sleeping!

KIRSTEN TAYLOR