

Unlocking the secrets to baby sleep

✿ Behind the 64,000 babies born in New Zealand this year will be countless mums and dads queuing up for one further miracle – a baby that sleeps through the night.

Most new parents assume that sleep deprivation is all part of the job, unless of course they should hit the jackpot and land themselves a ‘good sleeper’.

According to a new class of experts, however, a good night’s sleep has nothing to do with luck: instil the right habits in the early weeks, and most babies are capable of a full 12 hours sleep from as early as 3-4 months.

If you find this idea hard to swallow, you can take up the argument with two women from opposite sides of the globe, who have never met one

another yet swear by a strikingly similar routine for getting babies to sleep peacefully through the night.

One is New Zealand’s own ‘baby whisperer’, Sharlene Poole, who did her early childhood training in Christchurch before moving to England eight years ago and finding her vocation as a maternity nurse; since then she has trained over 90 babies to sleep through the night, and been in demand everywhere from the United States through to India. The other – Jo Tantum – has been