

him a bath, a very gentle massage or playing soothing music to help him wind down.

■ Practice 'spaced soothing' as a way of calming an unsettled baby in the night. Babies cry because they might be sick, hungry or have too much wind, but sometimes they grizzle when merely trying to fall asleep. Wait for one minute to determine if it's a grizzle or a distress call, then go to him but keep the lights low and don't pick him up. Then, with your index

finger, stroke your baby's 'soothing point' in the middle of his forehead down to the nose; place the palm of your other hand on your baby's chest to make him secure, and whisper 'ssshhhh' softly and repeatedly. If the cry then softens and turns into a grizzle, then you should back away to let him fall asleep on his own. This helps your baby know you're there, and helps you determine if he actually needs feeding or simple comforting.



### CLEAR THE NOSE FIRST

Babies naturally breathe through the nose rather than the mouth. That means when they have a blocked nose or a cold, they're not able to breathe or feed as easily.

One of Jo Tantum's top tips before feeding is to use the Baby nose-clear nasal aspirator about 5-10 minutes beforehand to clear the baby's nose.

She was in New Zealand recently to promote the device, which removes excess nasal mucus, and can be used by mums on the tiniest of babies.

We have 10 to give away – simply visit [www.familyhealthdiary.co.nz](http://www.familyhealthdiary.co.nz) and click on the 'Sleep like a Baby' link.

Sharlene Poole has her own settling technique for babies crying in the night, which also involves the reassuring 'ssshhhh' and 3-5 minutes of comforting hand contact and bottom-patting (while baby's in the cot) until the cry weakens into a grizzle. The aim is to settle babies back to sleep, and ever so gradually nudge out their middle-of-the-night feed cycle until they're sleeping through till morning. But if after five minutes of soothing, they're still crying, then they should always be fed.

"I always tell mums to keep a clock in the room to see what five minutes actually is, because in the middle of the night five minutes feels like an eternity," she says.

Swaddling babies for sleep is also a big part of Sharlene's night-time ritual, but her signature move, she proudly proclaims, is her 'burping technique'.

"Most reasons for not sleeping is excess wind." Babies should be burped about 6-8 times between feeding and bed, she says. "Burping, burping, burping, burping, then sleep... I can't emphasise it enough."

### IN-HOME HELP

It's no coincidence both Jo Tantum and Sharlene Poole follow a similar