

**Establishing good sleep patterns in the early days helps ensure peaceful nights through the toddler years and beyond. Our sleep expert Jo Tantum shows you how...**

# The sleep diaries

**MUM-TESTED SLEEP PLANS**



## ht • Sleep tight

← continued from previous page

**O**f all the things you might want for your little one, the ability to be a good sleeper is likely to be high on your list of priorities – for her sake and for yours. 'A good night's sleep is incredibly beneficial to your baby's wellbeing,' says Jo Tantum, a maternity consultant and sleep specialist. 'It's also important that you are sleeping well, too, as it means you'll have the emotional and physical resources to be the best parent you can be.'

### Can you 'sleep train' a baby?

'Absolutely – even very young babies under 3 months,' says Jo. 'You need to be committed and stick to the programme for the recommended length of time – usually not more than seven to 10 days. During sleep training,

you have to react to your baby in exactly the same way every time she wakes, so she learns very quickly how to sleep, and that it's OK to sleep without you. During this process, your baby may cry – this isn't because she's hurt or in pain, but because she's confused. Previously, she told you when and where she wanted to sleep. Now you are taking charge – as you should – and she may be cross and frustrated. But you are teaching her the right way and the right place to sleep, so you need to stick with it.'

**We asked three mums, with babies of 3 months, 6 months and 1 year, to put Jo's sleep plans to the test, keeping a diary of how the process went, and what the results were after seven days and three weeks. Here's how they got on... →**

### Top tip

Babies are often grizzly at the end of the day. Putting on a baby DVD can be useful as it means you can get the bath and milk ready while your baby is distracted.

**A good sleep routine will mean she's happier – and so are you**

## Getting started

Always begin a sleep plan at the *start* of the day. This way your baby will have enough meals and be tired enough to want a nap. It also means that she learns about falling to sleep on her own twice in one day – once at naptime and once at bedtime – so she'll be more confident about soothing herself if she wakes during the night.

# ● Sleep tight ● Sleep tight

← continued from previous page

## THE 3 MONTH OLD

**Angela Murphy, 28, is mum to James, 3 months, and married to Mike. They live in Plymouth.**



### The problem

Angela says, 'James has problems getting to sleep. In the day, he'll only sleep on me, and at night he wakes every three to four hours. It then takes me a long time to settle him. I've never left James to cry for a minute but something needs to be done – we're both exhausted.'



## JO'S NEW PLAN

7am	Wake and breastfeed
8.30am/9am	Nap in cot with curtains three-quarters closed
10.15am	Wake
10.30am	Breastfeed
11.30am/12pm	Nap in cot
1.30pm	Wake
2pm	Breastfeed
3.30pm	Nap in cot
4pm	Wake
5.30pm	Breastfeed
6pm	Nappy-off time!
6.30pm	Bathtime
6.45pm/7pm	Breastfeed
11pm	Dream feed, of expressed or formula milk from bottle. Keep lights low, speaking quietly. Once he starts sleeping through, bring the dream feed forward to 10.30pm for one week, then 10pm the next, then drop altogether

### Angela's diary

#### Day 1

'I was in tears as I started the plan and put James down for the first time, but Mike persuaded me to at least try it. I was amazed at how much James slept that night. It was the best night I've had for weeks!'

#### Day 3

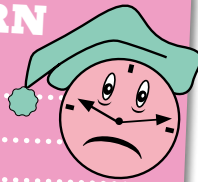
'For some reason I found today much harder, as although he was going down for his naps a lot better, he was waking up before he was scheduled to! Today it would have been really easy to just go back to our old ways, but I can't carry on feeling this tired.'

#### Day 5

'Today was better. I felt a real sense of achievement when James went down for his nap in the morning, although he didn't sleep for long. At night he is settling himself and

## JAMES'S OLD SLEEP PATTERN

6.30am	Wakes, feeds for 10 mins
6.40am	Put down in cot. Asleep for 45 mins
8.45am	Feeds for 15 mins
9am	Nap for 45 mins – falls asleep in arms
11.15am	Feeds for 10 mins
11.25am	Nap for 45 mins – falls asleep in arms
2pm	Feeds for 10 mins, nap 15 mins – this goes on until 6pm
6pm	Bath and massage
6.30pm	Feeds for 15 mins
7pm	Falls asleep. Put down in cot
7.45pm	Short feed, falls asleep. Put down in cot
10.45pm	Feeds for 10 mins. Asleep after 10 mins of tummy rubbing
1.45am	As above
3.30am	Feeds for 10 mins. Asleep after 50 mins of tummy rubbing



### Jo's diagnosis

'I'm not surprised you're both exhausted. James needs to learn to fall asleep in his cot, alone. He is also using breastfeeding as a "sleep prop". He should have regular naps in the day and be sleeping 12 hours at night. To enable him to sleep through the night, he is to have a "dream feed", so he won't wake because he's hungry.'

if he does wake, he tends to chatter rather than cry.'

#### Day 7

'After a blip towards the middle of the week, things improved quickly, although I felt mean not picking James up and playing with him when he was awake! I was surprised by how well the dream feeds worked, too.'

#### Three weeks later

'The nights are so much better. If James wakes, he shouts for a few seconds, then settles himself back to sleep until I wake him at 7am. It's amazing – I didn't think he was capable of sleeping through. It makes a big difference to Mike and me, as we can relax in the evenings. I'm still working on the daytime naps, however – he goes down OK but often wakes after 30 minutes. But, because we're now in a routine, he's not needing to be fed every two hours, which is another bonus.'

# ● Sleep tight ● Sleep tight

← continued from previous page

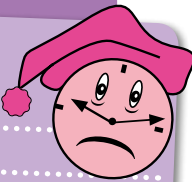
## THE 6 MONTH OLD

**Nicky Jefferies, 36, is mum to Daisy, 6 months. They live in Mansfield with Nicky's parents.**



### DAISY'S OLD SLEEP PATTERN

1.15am	Wakes up crying, falls back to sleep in arms
1.25am	Sleeps fretfully
4.20am	Wakes up crying
5.10am-7.40am	Sleeps in arms, won't settle
8.30am-8.50am	Sleeps in arms with milk
9.30am	Has breakfast
11.40am-1.15pm	Sleeps in arms with milk
1.15pm	Lunch
4.40am-5.25pm	Falls asleep on sofa
5.45pm	Tea
6.30pm	Bath
7.45pm	Supper
8.15pm	Falls asleep in arms with milk, then put down in cot



### The problem

Nicky says, 'I've tried to introduce a routine but nothing works. Daisy sleeps when she feels like it. I've tried ignoring her when she wakes but she cries constantly if left alone, and as I live with my parents, I worry about her disturbing them.'

### Jo's diagnosis

'Daisy is used to having a bottle and cuddles to help her sleep, so when she wakes, she needs a repeat performance. She falls asleep when and where she likes, so if she is transferred to her cot after falling asleep elsewhere, she wakes up feeling disorientated. She should be having two naps a day, an hour in the morning and two hours in the afternoon. She's also capable of sleeping 12 hours through the night.'



## JO'S NEW PLAN

7am	Wake up, give milk
7.30am/8am	Breakfast of cereal or porridge
9.30am/9.45am	Nap in cot for about an hour with curtains nearly closed
11am	Milk
11.30am/12pm	Lunch
12.30pm/12.45pm	Nap in cot for about two hours
3pm/3.30pm	Milk
5pm/5.30pm	Dinner. No fruit – if given now, she may have an early-morning dirty nappy, waking her too soon
6pm	Nappy-off time for 15-20 minutes
6.20pm	Bathtime
6.45pm/7pm	Milk in the nursery – keep lights low and whisper before settling her

● **Remember** – Daisy may be sleepy before the set times, but keep to them as closely as possible so she'll get the right amount of food and sleep, and will be much happier.

### Nicky's diary

#### Day 1

'Although Daisy wasn't keen on settling for her morning nap, she slept for 90 minutes! She refused a feed, but as first days go, it wasn't too bad. Daisy didn't seem too upset by her new routine.'

#### Day 3

'Today was more difficult, but Jo said things would get worse before they got better. It feels like Daisy is trying to fight the new routine and she got less sleep overall than she normally does. She kicked in her cot for two hours in the evening before eventually going to sleep.'

#### Day 5

A much better day today, and I'm really pleased that Daisy is taking more milk. She kicked in her cot for 15 minutes and then slept all

through the night! I'm wondering what to do with my time now that Daisy sleeps so much – I've no excuses for not doing more cleaning around the house now!

#### Day 7

'Daisy actually slept right through the night for the third night in a row. I just can't believe it! Can it possibly last? Here's hoping...'

#### Three weeks later

'Every day seems to be getting better and better and Daisy seems happier and more contented for the extra sleep that she is getting. Our next challenge is altering the times for her morning naps, as Daisy starts playgroup and swimming next week. However, I'm confident we can overcome this as she seems to enjoy being in a routine, and hopefully will adjust to the new times quickly.'



← continued from previous page

# THE 1 YEAR OLD

**Sharlene Borrington, 28, is mum to 1-year-old Jessica, and married to Matt. They live in Derby.**



## JESSICA'S OLD SLEEP PATTERN

7.30am	Wakes, has breastfeed	6.20pm	Breastfeed and cuddles
8am	Breakfast	8pm	As above
11am	Lunch	9pm	As above
11.45-11.55am	Sleeps, wakes briefly	10pm	To bed with mum
12.15-12.45pm	Sleeps	10.30pm	Breastfed to sleep
3pm	Teatime	12am	Wakes – breastfed to sleep
3.50pm	Sleeps	2.30am	As above
5.50pm	Wakes	4.30am	As above
5.55pm	Bathtime	5.30am	As above

### The problem

Sharlene says, 'I regularly breastfeed Jessica to sleep. She sleeps with me as Matt is working away from home at the moment. I take her to bed at 10pm and she can wake up any time between 5am and 8am. I'm told she sleeps fitfully at nursery. I need to get her into a routine before Matt comes home.'

### Jo's diagnosis

'Jessica is using breastfeeding as a sleep prop. Sharlene worries that Jessica doesn't get enough milk at nursery but, as she's 1 now, she will be getting all the nutrition she needs from what she eats and drinks during the day. A child of Jessica's age needs to nap between one-and-a-half to two-and-a-half hours during the day, and to sleep for 12 hours through the night – she's capable of this and will be a happier baby for it. Her appetite will increase, too, because she won't be constantly snacking on breastmilk.'



## JO'S NEW PLAN

7am	Wake Jessica up. Offer her some milk in a sippy cup
7.30am/8am	Offer her some cereal/porridge with milk mixed in
11am	Meal with vegetables and/or fruit. Water or milk to drink
11.30am	Naptime in cot for 1½ to 2½ hours. When waking up from nap, offer a drink of milk and a snack
5pm/5.30pm	Teatime – pasta or vegetables. No fruit as she may wake too early with a dirty nappy
6pm/6.30pm	Bathtime
7pm	Milk in a bottle in Jessica's own room. Keep lights low and cuddle her on your knee while reading a story, or place her in her cot while you read. Take the bottle away before you leave the room

● **Remember** – After bathtime, Sharlene must make sure Jessica goes straight into her own room – not downstairs, otherwise she'll just feel confused. Using a bottle at night will help Jessica to learn the difference between night and day.

### Sharlene's diary

#### Day 1

'During Jessica's lunchtime nap, she cried on and off for half an hour. I went to soothe her, but it made her worse. I brought her downstairs and spoke to Jo, then I put Jessica back in her cot and after grizzling for 15 minutes, she slept for an hour – success!'

#### Day 3

'When we settled in Jessica's room for a feed, she instantly relaxed. She grizzled a bit as I left the room but settled quite quickly. She woke a few times in the night and grizzled but settled herself back. She woke up properly at 5.50am.'

#### Day 5

'Today was a test as Jessica went to nursery. I gave the girls the

sleep plan but it wasn't followed strictly and Jessica had two naps – one after lunch, as normal, and another at 3pm. At bedtime, Jessica just wouldn't settle. I had to go in and soothe her several times and she grizzled on and off all night. I resolved to give clearer instructions to the nursery!'

#### Day 7

'The biggest problem I've had today is keeping Jessica awake! I think she's exhausted from weeks of poor sleep. This afternoon I brought everything forward by 15 minutes, and she happily settled with no fuss or grizzles.'

#### Three weeks later

'I'm so pleased I put Jo's plan into action, the results are amazing. I'm feeling more confident and relaxed and Jessica is thriving in the routine.'

● For more info on Jo and her sleep workshops, including 48-hour rescue packages, visit [www.babysecretsltd.com](http://www.babysecretsltd.com). Jo's book, *Baby Secrets* (£9.99, Penguin), is out now. **PB**