



Parents C & F

Baby S - 7 months old

Introduction

Baby S is the second child of parents C & F, and is a 7 month old baby girl who has been experiencing multiple night wakes and is becoming difficult to settle. Parents have started to use rocking and singing to settle little one back to sleep, and would like to ensure this doesn't become a new sleep association. Parents would still like to be able to incorporate a night feed at around 4am if required,

Background

Although this sleep disturbance is relatively recent, the parents are conscious that the rocking and singing could become a habit and want to nip it in the bud. There are also cultural differences between the parents (one German parent, one Italian parent) which is causing disagreements around sleep hygiene for Baby S - for example keeping the curtains open for daytime naps, room sharing until 12 months, and plans to share a bedroom with big brother after 12 months.

My method

Parents decided to take the Mini Snooze Package, which is a 30 minute video call designed for troubleshooting or getting guidance on recent sleep disturbances, I was sensitive to cultural preferences as much as possible, and we agreed that Baby S should be in a dark bedroom for naps as well as night sleep, we introduced white noise to minimise noise disturbance, especially as babies of this age can be very sociable and easily disturbed during light sleep. At this age babies are also starting to form habits, to this was a timely consultation to minimise the effects of the rocking to sleep association.

We agreed to phase out the rocking association using my Layering Method which replaces the rocking with patting and shushing, and the parents gradually wean this away over a number of nights until little one no longer needs parental input to fall asleep. This method can even be implemented after a night feed, which we still incorporated for the 4am wake.

Parents were given the option of a gradual or 'cold turkey' approach with removing the dummy, and we agreed on the latter, Both of which take a few nights for little one to get used to. I was also sensitive to the fact their elder son was in the next bedroom, so I suggested getting him involved with baby bedtime and explaining to him about how the parents were supporting Baby S with her sleep. I also gave guidance for how to successfully transfer Baby S into a bedroom with her big brother when the time comes.

Outcome and achievements

Parents reported back to me 2 weeks later to confirm that Baby S was now settling herself to sleep at bedtime and overnight. Parents were clear how to use the Layering Method and implemented it in line with the guidance I shared.

Baby S was a little unsettled without the dummy, but parents were consistent yet supportive with their approach. A night feed at around 4am is still taken by Baby S, but she is able to settle herself well after this

Feedback from my happy and well rested clients:

“Charlotte is really great with her passion for what she does. She listens to your story, your experience and takes all circumstances into account. Then, she puts on her investigation hat on and starts to ask exactly the right questions.

In her very professional and non judgemental way, she makes the conversation really natural and positive. We received a comprehensive summary and some more tips which we found really useful.

You can't put a price on sleep! And, I can honestly say, it was an investment into more silent nights. For us her support was exactly what we needed.”

This is the package they had:

Mini Snooze Consultation

www.thegoodsnooze.com/service-page/mini-snooze-consultation