



Parents P & D

Baby L - 8 months old

Introduction

Before deciding to get in contact with The Good Snooze Company, parents of Baby L had fallen into the habit of bed sharing with their little one, as they were experiencing multiple night wakes, were exhausted, and were doing anything they could to catch some decent stretches of sleep overnight.

Mum and Dad decided to reach out as they felt they needed some guidance around how to move away from bed sharing and support their little one with sleeping independently both during the day and overnight. Baby L was also using the breast to settle during the night, which Mum was certain was just for comfort and wanted to move away from this.

Background

The couple already had an elder child who slept well, so the sleep disturbances of Baby L came as a surprise for the whole family. As well as multiple night wakes, little one was also contact napping, which restricted Mum's ability to spend quality time with their elder child during the day.

The elder child was also being disturbed during the night by Baby L's night wakings, and was also waking very early in the mornings, meaning both parents were trying to settle both children - often before 5am- every day,

My method

The couple chose my Little Snooze Package, which involves completion of a comprehensive questionnaire, 3 day sleep diary, a 30 minute consultation and 2 weeks of email support.

The first step I took with the family was to take a holistic view of everything in their baby's life, based on their questionnaire responses and sleep diary. Oftentimes we can make small changes to baby's routine or sleeping environment and start to see results in those first few days. These elements of basic sleep hygiene can make all the difference for the baby.

I recommended that the family use a graduated approach overnight to encourage little one to spend longer every few nights in their own cot. This involves putting baby in their own cot at bedtime, and then bringing them onto your bed for their first wake up for the first few nights, then the second wake up the next few nights, and so on. I coupled this with a Layering support method, meaning that parents were always present to support Baby L back to sleep after they woke. This support is then gradually weaned away over the space of a few nights.

Outcome and achievements

Mum in particular was sceptical about the success of the sleep support plan, given that Baby L had been bed sharing for weeks. I set the expectation with the family that it may take 7-10 days to see progress, as the methods I use are gentle and responsive.

Just 4 days into the plan I received this lovely email from Mum, confirming that Baby L had slept through in their own cot by themselves for the first time in many weeks:

“So this is something I didn't think I'd say so early on following the sleep plan but L pretty much slept through in his own cot in his own room last night! I can't quite believe it! I realise things may not be the same tonight but he is definitely getting the hang of this!”

Following this email, Baby L was regularly sleeping through in his own cot until at least 5am, when he was having a small milk feed and falling back to sleep until at least 6am. Mum was more than happy to give this milk feed with the view to wean this away in the coming weeks.

As a result of my guidance and plan, Baby L now settles himself in his own cot at bedtime and overnight. We also successfully transferred Baby L to his cot for daytime naps, where he continued to surprise Mum with his ability to self settle.

This is the package they had:

Little Snooze Package

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