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**Baby Sleep Tips – Feeding During The Day**

**By Brandon C. Hall**

Every parent of a newborn will inevitably deal with many sleepless nights. Babies, of course, have

many needs, and when they awake in the night they will cry for their mothers. One of your most important tasks as a parent is to establish good sleeping habits in your child. Every baby must go through a transition where he adjusts from sleeping with his mother to sleeping on his own. This is a natural transition of course, and takes some time, but there are things you can do to expedite the process. Not only will this help your child develop better sleep habits, it will allow you to get some much needed rest.

Many baby sleep tips exist, and every parent would be well advised to research many different baby sleep tips. It is important to keep in mind, however, that no baby sleep tip should be considered hard and fast rules. As a parent, your instincts know best, and when you are in doubt in regards to baby sleep tips remind yourself of this fact. Many first time parents experience insecurity in terms of whether their decisions and strategies are correct, and while you shouldn't be uninformed, you should always view baby sleep tips through the lens of your own parental instincts.

Now, one thing you should consider when trying to get your newborn to sleep better at night is what his feeding habits are. Oftentimes the child will be active and otherwise busy during the day, and won't be doing a lot of feeding. The problem with this, of course, is that he will then wake you repeatedly thought the night for feedings. A good technique, then, for getting your baby to sleep better at night is to "tank up" during the day. Try feeding every three hours during the day. This will not only ensure that you child's appetite is satisfied for the night, but will create an important association: you want your child to associate feeding with the daytime. If your child does wake up in the night for a feeding, try to get him to do one full feeding the first time he wakes up. If you don't do this, you encourage him to "snack" throughout the night – i.e. wake you up every couple hours.

Again, it is important to understand these baby feeding tips should not be taken as hard and fast rules, but rather as guidance. In a general way, you want to create both daytime and sleep associations for your child. You want him to associate feeding and play with something that happens during the day, and lullabies and baths as something that happens at night, before bed. By doing this you ease the transition between sleep and wakefulness, which is the ultimate goal in terms of putting your child to

bed easily. If, however, your child doesn't want to feed every three hours, don't force him. Similarly, don't force a full feeding when you wake him at night. Rather, think of the bigger picture: by creating general habits and associations for your child, you will ensure a hasty and healthy sleep development.

Brandon C. Hall maintains Free Info Blog

<http://www.freeinfoblog.com>

which contains many articles

and resources on baby sleep

<http://www.freeinfoblog.com/category/baby-sleep-tips>

tips as well as

many other topics.

### **Setting A Bedtime Ritual**

**By Brandon C. Hall**

Any casual glance at child rearing guides will reveal that particular attention is paid to baby sleep habits. The reason is fairly obvious: one of the most difficult things for a new parent to get used to is dealing with constantly being awoken in the night by a newborn. There are no hard and fast rules to getting your baby to sleep well, as all newborns are different. There are, however, some baby sleep tips you can employ that will help. The important thing is to understand that your judgment as a parent is paramount: don't get stubborn with tips that don't seem to work, and try a wide variety and things to find out what works best for you and your baby.

A good place to start, in terms of baby sleep tips, is to establish a bedtime ritual for your baby. The reason that your newborn doesn't sleep well through the night at first is because he is used to falling asleep with his mother. When he awakes in the night he naturally cries for his mother – the only way he knows how to go back to sleep. As your newborn grows older a slow transition will occur whereby he learns to go to sleep on his own, and – more importantly – when he wakes in the night he can learn to fall back asleep on his own. Your goal as a parent is to try and speed up this transition as much as possible, the result will not only be a good night's rest for you, but a development of better sleeping habits for your child in the long term.

To get your child to sleep well on his own, focus on a consistent bedtime routine. Babies are very dependant on routines – their world is so narrow that they generally focus on only a few things throughout the day – the way to create transitions in their day, therefore, is to change how these things are presented to them.

For example, your bedtime routine may consist of a warm bath, a feeding and changing, and some

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rocking before bed. If you repeat this every night your baby will slowly begin to associate these things with sleep. Every night, then, your child will naturally start to fall into a "sleeping mode" when you do these things. If you are inconsistent, however – if, say, you only bathe him on odd nights, or change the order of bedtime events – you will confuse the child and he will be unsure of what happens next: he won't know whether he's going to sleep after his bath, or being read a story.

A bedtime routine should also employ spending a good amount of time with your baby. Even from a very young age, babies will learn to manipulate their parents, and if you don't spend enough time with your baby before he falls asleep, he will start to stretch out the bedtime ritual in order to spend more time with you.

In establishing a bedtime ritual for your child, your primary concerns should be to make it consistent. To ensure better sleeping habits for your baby, don't focus so much on what you do before bed, rather, pay attention to doing the same things in the same order every night.

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