



Sleeping and settling eBook

Getting enough of it, surviving on too little of it, there's no denying sleep is a hot topic in parenting. In this eBook we have covered everything, from the most effective settling methods through to dealing with sleep deprivation.

We know your bub is an individual with their own quirks and unique personality, so what works for one child won't always work for another. But we've worked with some experts in the field to provide you with the best advice and support to ensure that your household is getting some decent sleep.

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# Developmental stages and sleep

Some babies settle to sleep easily and don't need much help from their parents. Others are a little more resistant and need soothing and persuasion to calm down and drop off to sleep. For lots of babies, actually staying asleep for longer than a few minutes is something they need to learn.

There's no "one size fits all" approach when it comes to settling management. Every baby has their own little personality and temperament which influences a range of behaviours, including sleep. Similarly, every family will have their own ideas on what is normal and acceptable. If your baby is happy and thriving and their sleeping patterns are working for you both, there is no need to change what you are doing. If not, here are some options and tips on how to improve your baby's sleep habits.

It is useful to know what your bub's usual sleep cycle is and the typical tired signs they exhibit. By recognising them you will be able to implement appropriate settling measures for them.

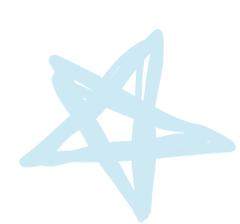
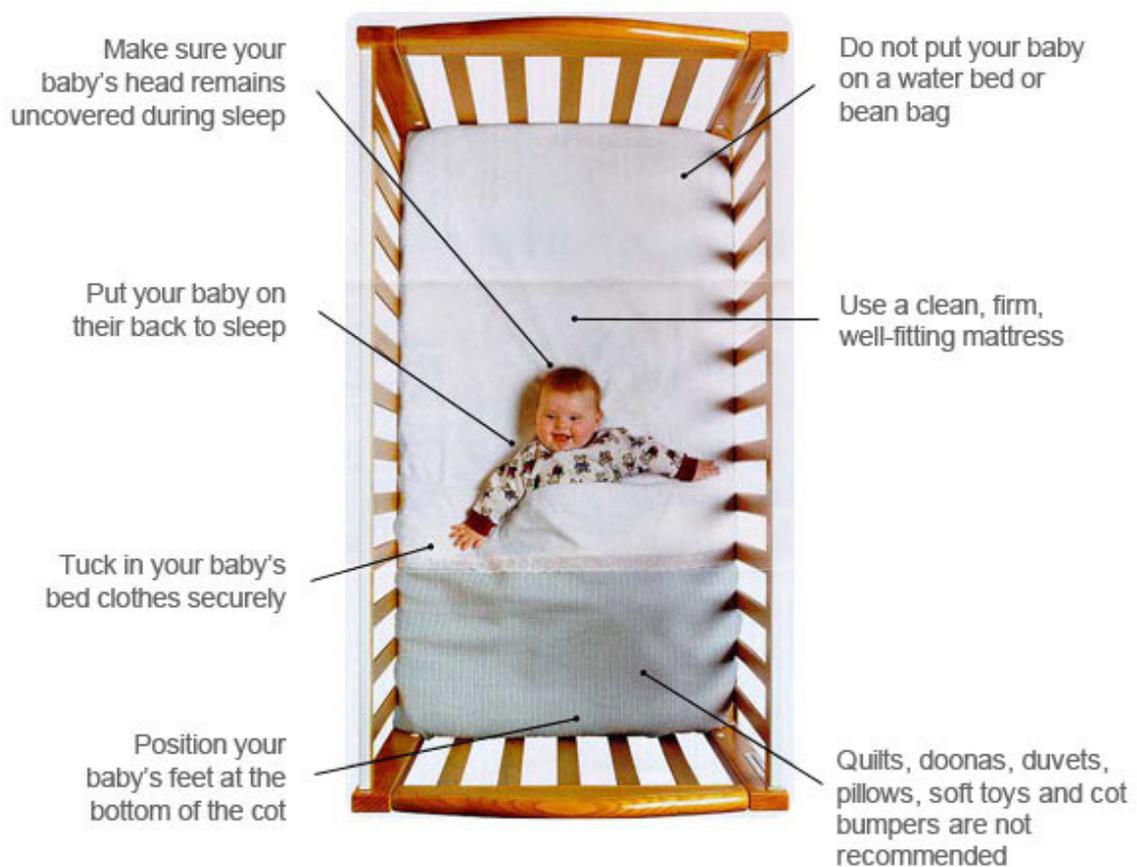
Remember, your internal biological clock determines how you move in and out of waking and sleeping during a 24 hour cycle. This rhythm takes many months to develop and newborns will often have their day and night mixed up. This, in addition to them developing regular sleep cycles, is something that will take time and patience in resolving.

Age	Typical sleep cycle	Signs of tiredness	Typical number of sleeps during day
0-3 months	Typically sleep 16-18 hours a day. Usually only awake 2 hours at a time	<ul style="list-style-type: none"> <li>• closing fists</li> <li>• arching backwards</li> <li>• jerky movements</li> <li>• struggle to focus on faces</li> </ul>	<b>4 or more.</b> These will vary in length from short naps to a couple of hours.
3-6 months	Sleep for around 15-16 hours a day.	<ul style="list-style-type: none"> <li>• same as 0-3 months</li> <li>• will look specifically for parent's face to seek comfort</li> </ul>	<b>2 to 3.</b> These will usually be broken down into two shorter naps and one long one.
6-12 months	13-14 hours during a 24 hour cycle, broken down into 10-12 hours overnight and 2 or 3 sleeps during the day of 1-3 hours	<ul style="list-style-type: none"> <li>• clumsiness</li> <li>• grizzling</li> <li>• rubs eyes</li> <li>• struggles to engage with anything</li> </ul>	<b>2.</b> This will usually consist of one short nap and one long nap in the morning or afternoon.
1-2 years	12-14 hours during a 24 hour cycle. Usually one day sleep of about 2 hours.	<ul style="list-style-type: none"> <li>• impatient</li> <li>• rejects food</li> <li>• irritable</li> <li>• uncooperative</li> </ul>	<b>1.</b> This usually lasts for a couple of hours and takes place in the middle of the day.

# Baby sleep and safety

The safety of your little one is paramount. In order to reduce the risk of Sudden Infant Death Syndrome and to ensure they sleep safely, it is vital to follow the safe sleeping recommendations from the SIDS and Kids Association.

1. Put baby on their back to sleep, for every sleep, from birth.
2. Sleep baby with head and face uncovered.
3. Avoid exposing infants to tobacco smoke before and after birth.
4. Provide a safe sleeping environment.
5. Sleep baby in their own safe sleeping environment next to the parents' bed for the first six to twelve months of life.



# Settling methods

The safety of your little one is paramount. In order to reduce the risk of Sudden Infant Death Syndrome and to ensure they sleep safely, it is vital to follow the safe sleeping recommendations from the SIDS and Kids Association.



It is important to think about how valuable sound sleep is to your baby. Good sleeping habits support your baby's growth and immune function. When they are well rested, being around them is generally more pleasant. Looking after a tired and cranky baby is hard work.

Aim to place your baby into their cot when they are sleepy but not quite asleep. Babies who are rocked, cuddled or fed until they go to sleep learn to associate these factors with settling.

Aim to be consistent and predictable with how you settle your baby. Placing them into their cot for all sleeps gives them the message this is where they go to sleep and where they will wake up. Regular routines before settling help babies to feel secure and safe.

Good feeding habits directly influence sleeping habits. Babies who are thriving and getting enough nutrition generally have better sleeping habits than those who don't.

Babies whose routine has changed, who are sick, who have reached a new developmental stage or who are feeling insecure will not sleep as well as they would normally. Aim to be patient, sensitive and kind when you are settling them. Your emotions will have an effect on how safe your baby feels.



## Different options for settling

### Settling in parent's arms:

Small babies often go to sleep when they are being fed or cuddled. For lots of parents, their baby settling in this way isn't a problem as long as they stay asleep when they are put into their cot. If this happens, try to interpret their cry as either a genuine need for cuddling or one which is telling you they are just tired and grizzling. This is a learned skill for parents and one which may take some weeks.

Gentle patting, shshshing, rocking the cot, playing music or singing a lullaby often helps to calm a crying baby. Loving human contact is important for young babies and helps with their brain development.

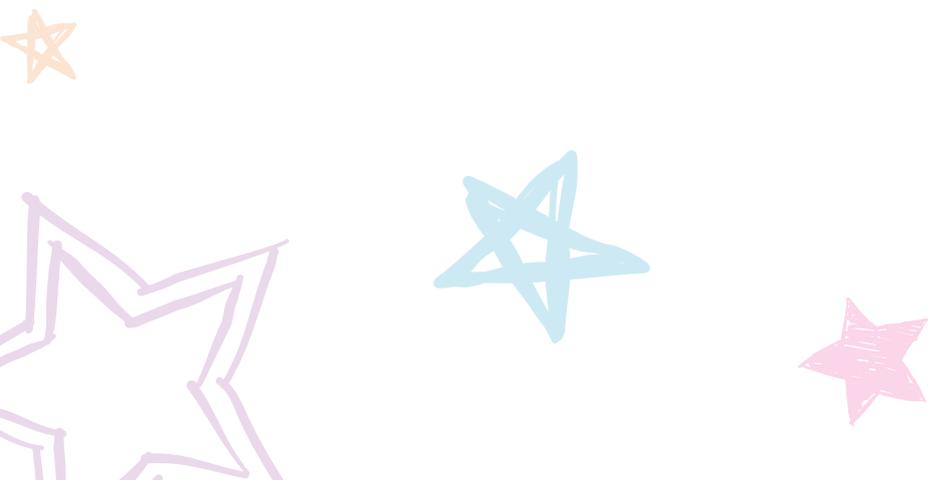
There will be times when it just works to cuddle your baby until they go to sleep. Small babies need their parents to comfort them when they are unsettled because they do not have the skills to soothe themselves.

### Hands on settling:

This is a good mid-way point for babies who are used to being cuddled to sleep but parents are keen for them to learn how to settle in their cot.

Place your baby into their cot, clean, dry, and comfortable, and fed though awake, and rest your hands gently on them. Rocking, patting, stroking or just leaving your hands gently on their body will be reassuring.

You can stay until they are calm and then leave before they are asleep or alternately, stay until you know your baby is sleeping.



## Comfort settling:

This is a good way for older babies to go to sleep in their cots more independently. Try leaving the room before your baby is actually asleep and give them a chance to settle on their own.

If your baby cries go back in to them and offer reassurance. Again, listen for their cry and try to interpret if they really need you to go back in to them.

Leaving your tired, older baby to settle on their own is fair and reasonable as long as all of their needs have been met.

There are other options for older babies who are used to having a parent with them to go to sleep. See [Karitane](#) for more information.

These techniques require consistency and time to work effectively. What works for one baby may not work as well for another. Be patient and follow your baby's cues as you work to help them settle.



# Twenty top tips for settling your baby

1. A warm bath and then a tummy massage in a clockwise direction often helps an unsettled baby to calm down and feel more relaxed. A warm, wet washer over their tummy during bath time helps them not to feel exposed and vulnerable.
2. If your baby seems to have a tummy ache, try moving their legs in a bicycle fashion and gently bring their knees up to their chest. These movements often help with passing wind or doing a poo. Talk to your baby while you are doing this and reassure them.
3. If bub is unsettled, complete the following checklist: are they hungry? Are they wet? Are they too hot or cold? Do they have a temperature?
4. Keep essentials like nappies, towels and a change of clothes nearby at all times. Many newborns dislike being changed and being able to do so quickly and efficiently helps make the process less stressful for everyone.
5. Try patting bub while playing the radio slightly off the station or near a noisy fridge.
6. Make sure the room your bub sleeps in for longer naps is dark and quiet. Blackout blinds are great for this.
7. Look for your baby's tired signs, as they will let you know when they need to go to sleep. Yawning, grimacing and scrunching their face up, getting grizzly and not wanting to play are all classic signs.
8. Babies who are tired, already fed and sleepy, though still awake when they are placed into their cots, generally stay asleep for longer periods. Babies who are cuddled to sleep and then placed into their cots often wake after twenty minutes when they progress into a lighter sleep phase.
9. Make sure your baby gets plenty of natural light during daylight hours and that their room is kept dark at night. This will help them develop a day and night rhythm.



10. From birth, aim to place your baby into their cot to go to sleep. If they learn that this is where they settle off to sleep and where they wake up, it avoids confusion for everyone.
11. Try not to feed your baby to sleep. If they associate feeding with settling they can learn to rely on this to go to sleep. Sleepy babies don't feed as well as when they are awake and it is easy to get into a cycle of snacking and then napping.
12. The safest place for your baby to sleep is in their own cot, beside your bed for the first twelve months of their life.
13. Many parents follow rituals of safe keeping when they settle their babies. These can include lullabies, saying a prayer, kissing their baby in a particular way or even the order in which things are done. These little habits define us as unique and form early patterns of family behaviour.
14. Many babies like to suck on a dummy when they are settling. Unless the dummy becomes a problem or your baby is waking up many times because it is falling out of their mouth, they are harmless.
15. Slings and front-packs are a good way for parents to keep their unsettled baby close but still have their arms and hands free. Make sure your baby is strapped in well and the sling is properly attached to avoid any accidents.
16. Babies who are resistant to settling in their cots often like to be pushed in their pram or lie in a bouncer chair. Repetitive, smooth movement helps to lull restless babies to sleep. There will be times when the only option is to rock your baby to sleep for everyone's sake. Every now and then this is fine. Try not to feel you've done anything wrong or set yourself up for hard times ahead.
17. Babies who are distressed and crying often need their parents to help them calm down. Young babies can't regulate their emotions without support and need to feel secure and safe before they are able to drift off to sleep.
18. Babies love to be rocked when they are going to sleep and the obvious place for this is in their parent's arms. However, if they only learn to go to sleep with movement, when they are placed into a stationary cot waking up will be common.
19. Check to ensure that household cleaning products and perfumes aren't irritating your baby.
20. Keep stimulation and loud noise to a minimum in the afternoon and early evening to help your baby wind down towards bed time.

# Winding down for Bedtime

A regular routine is the surest way to get a baby or toddler to sleep independently. Babies respond well to a familiar pattern of events, and sleeping in the same environment each night offers them a sense of security and comfort.

You can begin to establish a routine as soon as you bring your newborn home from the hospital. It is important to encourage a pattern with your newborn. This in turn will become a routine, and babies learn from repetition. Keep in mind that it only takes 3 weeks to create a habit.



The best way to establish a routine is using the [Feed / Play / Sleep method](#)

During the day when baby wakes, first feed them and then place your baby on the floor for some playtime. The age of your baby will determine how long they will play before showing tired signs. Watch for the tired signs and then act on them by implementing the [settling techniques](#).

In the evening, after dinner or a feed, replace play time with a relaxing bath. Have some cuddling time and perhaps a story or two. [Massaging your baby](#) with baby lotion can also be very useful for relaxing your baby. Avoid over-stimulating your child before bedtime or think that the longer you keep them up, the more tired they will become and the easier it will be to get them off to sleep. An overtired baby is always harder to settle.

During your baby's first three months they can also often have intense periods of crying in the afternoon or evening time. This is commonly known to parents as the 'witching hour.' It can also be very stressful for both parent and child. Neo Natal Clinician Dr Howard Chilton says: "We have to reduce the level of stimulation in the baby's environment to a level he can cope with, and do it for long enough to calm his active stress response. In a phrase, we have to "Bore Him to Sleep"."



This means limiting your baby's interaction with others later in the day. Chilton also suggests the following: "Put on some quiet, restful music; that's for you, but babies do like a background of 'family sounds' rather than silence. Get the baby and take him into the room with you. Do NOT leave him on his own. Feed him on demand in the dim light, avoiding long periods of eye contact with him. Put him on your chest with his ear against your heartbeat and cuddle him until he settles. This reminds him of the sounds and feel of the womb. It may take some time. Be patient. Calm him." Try to avoid letting them fall asleep while they lie on a chest to chest position with you. It is important to follow the sleep safe guidelines.

"When your baby reaches about eight weeks of age it can be a good idea to create an evening ritual, in order to help trigger the all important wind down process," according to Jo Ryan, author of "Babybliss." She suggests keeping the lighting low as "this helps your baby understand it's night time, which can help regulate their day and night rhythms in the early weeks."

Clinician Jane Barry also recommends you check your baby is dressed simply and comfortably for sleep. This includes checking your baby has a dry nappy and clean sheets. "Lots of babies tend to sleep better in the dark and cool. Using blinds or dark curtains can really make a difference," says Barry.

The wind down to the night time sleep is often accompanied by a bath. Ryan advises that, "Most newborns don't like having their clothes taken off. So take any pressure off yourself that your baby will probably cry while this is being done. Once your baby is changed and swaddled, the tears are likely to stop."

For older babies the ritual of dinner, bath, quiet play, teeth cleaning and a story is pretty well consistent for all. Maintaining this as a routine will usually provide your child with structure and security which will help them to settle off to sleep more easily.

It is important to note that toddlers normally have one to two daytime naps until around the age of 3 years. Until the age of 14 months or so, toddlers have two daytime sleeps and then they drop down to one. Barry recommends that toddlers should get up by 3pm at the latest otherwise this will impact on their nighttime settling.



# Sleep and special needs babies

Some babies may have conditions that interfere and complicate their abilities to develop self-settling skills. The most common difficulties babies with special needs may encounter when it comes to sleep and settling include:

- Pulmonary and/or respiratory issues may create breathing difficulties.
- Gastro intestinal issues such as reflux may make your baby uncomfortable.
- Motor problems may make it challenging for your baby to find a comfortable position in which to sleep.
- Extreme fatigue may interfere with the baby's ability to settle into a restful sleep.
- Physical pain or discomfort which makes it difficult for them to relax and go to sleep.

There are many ways to work with your baby to help them settle to sleep and develop a regular sleep pattern:

Make sure you seek support from your primary care team. This could include your physician, physiotherapist or clinical nurse.

Contact your Early Parenting centres as they can be really helpful with supporting parents of special needs babies. They're experts in sleep and adapting strategies to fit with individuals.

The current recommendation is for your baby to sleep in your room for the first 12 months of life, but you may wish to extend this time for your child.

Keep a sleep diary and note times your baby sleeps and wakes. Time the length of their naps and if and when medication is provided. This can be useful in identifying if there are any triggers that are causing your baby to struggle to settle.

Safe sleep is always a priority and sometimes sleep associations such as a dummy may not be suitable for a child with special needs. Talk to your primary medical support team about what sleep associations might be appropriate for your baby.



Follow the rule of the 5 S's designed by paediatrician Dr. Harvey Karp:

- **Swaddling** – helps to reduce arm flailing
- **Swinging** – encourages rhythmic calming movement
- To provide **soothing** sounds (may need aggressive white noise)
- **Side-lying** (holding) – can trigger calming in infants
- **Sucking** - non-nutritive sucking helps infants to calm as well as promotes improved digestion.

## Dealing with separation anxiety

### What is separation anxiety?

Separation anxiety is a perfectly normal and healthy stage of your baby's development. In fact, it can be a reassuring sign that your baby is well attached emotionally.

Through his extensive experience with children and adolescents, psychiatrist

Erik Erikson identified this as the first of the eight stages of your baby's development: "Learning Basic Trust Versus Basic Mistrust (Hope)." According to Erikson: "If infants have a sense of trust, then they will also have a sense of hope and feel that their future needs will be met successfully." It is a sign that your baby has developed a deep attachment to you.

Signs of separation anxiety will usually not be exhibited by your baby before the age of about 7 months. This is because between the ages of 4-7 months they develop a sense of object permanence. This means they start to learn that things and people exist even when they're out of sight.

The peak of separation anxiety will occur between 10-18 months of age and then progressively diminishes, typically by 3 years of age.

The usual separation anxiety signs include crying when a parent leaves the house, or



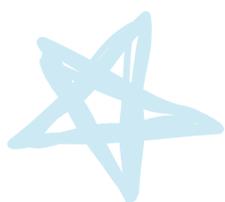
refusal to bed quietly. They may also have trouble being left with people with whom they have previously been happy to spend time.

It is perfectly normal for parents to find this as stressful as the baby does. However try not to let your own anxiety feed into the baby. Be sensitive to the cues and signals your baby is giving you. Babies benefit from seeing their parents as positive and calm around other people. Babies/children learn how to be social creatures from observing others around them, so being welcoming and role-modeling conversation, providing comfort and simply being calm all help.

Clinician and expert in child health nursing Jane Barry recommends these strategies for managing separation anxiety:

## Coping with separation anxiety

- Brief reassurance and comforting is fine. Soothing words, cuddles, kisses and “you’re ok” is good.
- Expect some change in your baby’s behavior but be very matter of fact about it. Don’t go running to the baby every time they make a noise. Part of progressing through separation anxiety is boosting the babies ability to self soothe and learning to entertain themselves.
- If your baby always relies on the parent for stimulation then this is really making things difficult in the future.
- Don’t quarantine the baby’s environment too much. Even if they’re upset, it’s important that parents still take them out and expose the baby to others.
- It’s important that dads are also involved in the soothing rituals and that mothers don’t become the “expert parent”. Ensuring both parents are involved is always good for your baby’s well being. Fathers are just as capable as mothers of providing emotional reassurance.



# Allergies, illness and sleep

For parents with babies who have conditions like eczema, sleep can often be hard won. And what happens if your baby has a cold? How do you settle them off to sleep? Child health nurse and parenting columnist Jane Barry has many practical suggestions for parents coping with these circumstances.

- It is important to manage your child's allergy or illness first and make sure that you have sought appropriate help for them.
- Excellent resources for eczema include <http://www.eczema.org.au/> and a useful reference book for food allergies is *Managing Your Child's Food Allergies* by Alison Orman and Dr. Preeti Joshi – *The Complete Australian Guide for Parents* (2009) Harper Collins.
- Allergies and illness will undoubtedly have an impact on your baby's sleeping habits and it is important to be sensitive to this. If the baby or child is sick or has a cold, it is completely reasonable to abandon settling methods until they are well.
- Parents should not expect their baby to settle and sleep in the same way as when they are well.
- Lots of cuddles, extra fluids, reassurance and keeping a close eye on them are important.
- Interestingly, temperatures often peak in the late afternoons and evenings and this can impact settling behaviours.
- Even if night feeds have stopped and this is generally from around 6 months onwards (breastfed babies can still want an overnight feed for a couple of months longer), then the baby may wake overnight and want a drink. It is important to keep them hydrated and to provide this for them.
- Parents need to be aware that their child's allergy or illness will have an impact on them in terms of lack of sleep themselves. Make sure you rest when you can or ask for help from family and friends if you need support or a break.



# Dealing with sleep deprivation as a parent

Sometimes a baby refuses to settle to sleep, no matter what their parents have tried. It can be really hard to put in a lot of effort and do the best you can, without any signs that it's working.

Do the best you can, when you can, be kind to yourself and remember that your baby is not deliberately trying to upset you. The following is a guide to steps you can take to help you cope. Remember this stage will not last forever, but it is crucial to seek support during it.



- Ask for help from people you trust and try to accept any reasonable offers of support. Even asking someone to hold the baby for you while you shower or have a meal can make a difference.
- Look after your own needs and try not to forget the basics. Showering daily, changing your clothes, eating regular meals, avoiding too much caffeine and drinking plenty of water will help you feel better. An occasional treat with a food you love will help feed your soul.
- Trust your instincts, no matter what they tell you. If you feel there is something wrong with your baby, get them checked by your health care professional. Reassurance and support are essential in the early days of parenting. You are not meant to be alone.
- Don't try to introduce too many changes at once. If you are introducing new settling strategies, try one at a time and give it a decent trial for a few days. This will help to avoid confusion and see objectively if what you are doing is working.
- If you are feeling housebound and your baby is crying, try going for a pram walk. Getting outside and having a change of scenery often helps parents to feel calmer and change their perspective.
- Aim for a simple life when you can. Caring for a baby is demanding on time and energy. Learn to prioritise and do what's really important. Adopt the motto, "People first"; housework will always wait for you or someone else to get around to it.
- Decide on what is truly important and focus on these things. Aim to achieve just one other task in the day other than caring for your baby. This may be reading, taking a short walk or ringing a friend. Doing this will help you feel your whole day has not

been absorbed with baby care.

- Sleep deprivation is a form of torture. Mental confusion, forgetfulness, crying and even nausea can result from excessive fatigue. Many of the symptoms of depression mimic exhaustion, making it difficult to diagnose true depression. See your G.P. if you are worried you may have post-natal depression. Check [beyondblue](#).
- Avoid feeling disappointed if parenting doesn't turn out to be what you expected. There are no guarantees that babies will always be calm and happy. It pays to be flexible and not set yourself such high standards that it is impossible to meet them.
- Aim to be a "good enough" parent, rather than perfect. Your baby will not mind.
- Accepting help is not a sign of weakness or failure; it is a sign that you are human. Babies learn how to be social from the people around them and "sharing" your baby will be good for them. Choose people you trust and who treat your baby kindly.
- Chronic tiredness can also add to general feelings of irritability between couples. Bickering and arguments are common in households where everyone is sleep deprived. Take turns having a sleep, share the baby's care, be thoughtful and try not to see each other as the enemy. It's highly likely you are both striving towards the same goals of having a settled baby and a happy family life.
- Sometimes it may be necessary for you to have a break from your crying baby. Stop, breathe, sigh and make a conscious effort to relax. If you are on your own, gently put your baby in their cot, make sure they are safe, and then leave the room. Ring your partner or a friend; alternatively just have some time alone. Check on your baby in five minutes or when you feel calm.

ou can get help with your baby's care from the following people:

- Early Childhood Nurse; check you local telephone book for centre details
- General Practitioner
- Paediatrician
- Lactation Consultant
- Early Mother's Group/ Playgroup or on-line groups and [online forums](#)



# Soundtrack to sleep

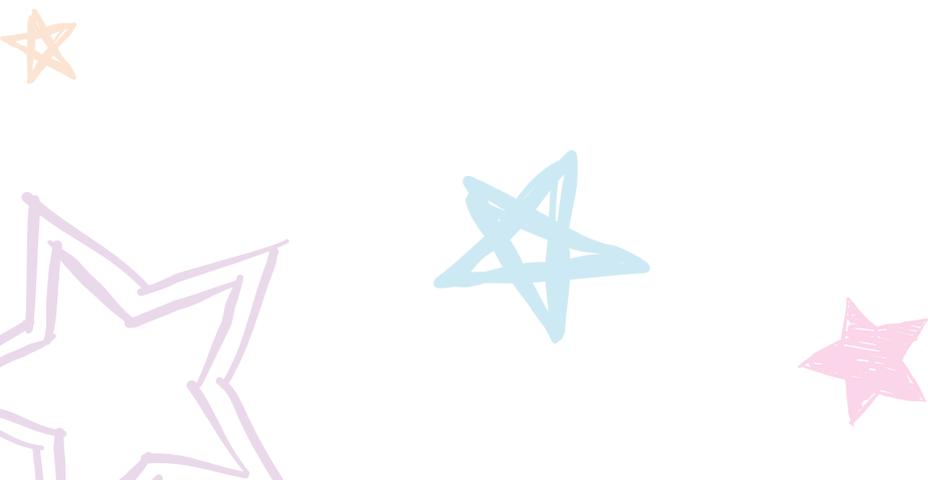
Given that your baby has spent nine months in a place that is only slightly less noisy than listening to a lawnmower outside in the garden, it is no wonder they are often more comfortable being surrounded by sound than without it.

White noise is one of the primary suggestions as a soundtrack for getting your baby off to sleep. There are plenty of machines available, but the simplest way to play white noise to your baby is to use your radio and set it to static. Then turn up the volume to about the level of noise of water falling in the shower and leave it on. It is up to you to determine the appropriate volume for your bub. A good rule of thumb is that if it is too noisy for you then it is too noisy for them. It should mask background noise.

You need to leave the noise on as you settle your baby to sleep and throughout the time they are sleeping. This will help to drown out every grunt and noise your baby makes, thus helping you sleep better. In addition, white noise will block out the noises outside, helping your baby enjoy a deeper, more restful sleep.

If you prefer to play more traditional music to your baby, choose carefully. It is important to pick soundtracks that won't stimulate them, so avoid most classical music and jazz pieces. The best choices are lullabies or music with natural elements in them. The sounds of the ocean or waterfalls are popular. This is partly because these sounds mimic the rhythm of the heartbeat or the sounds your baby has become familiar with while in the womb. iTunes has a number of soundtracks to choose from.

Remember that you will often find this music will need to be played continuously throughout the night, or that you will need to start it again if your baby wakes in the night in order to help them settle again. However, often the calming effect of the music can outweigh the challenge of getting up to put the soundtrack on again.



# Where you can go for help with your baby's sleep

There are multiple sources and types of help you can seek out when it comes to improving baby's sleeping habits. It is important you don't feel as if you need to cope by yourself all the time.

Find someone whose opinion you trust and who shares your baby raising philosophies. Be patient with yourself and your baby.

State	Contact Details for 24 hour Parent Helplines
Queensland	Parental Support Service: 13 432 584 or 13HEALTH
Northern Territory	Parentline 1300 30 1300
Tasmania	Pitas Parent Information Telephone Assistance Service 1800 808 178
New South Wales	Tresillian Parent Help Line (02) 9787 5255 or 1800 637 357 or Karitane Care Line (02) 9794 1852 or 1800 677 961
Australian Capital Territory	Tresillian Parent Help Line 1800 637 357
Victoria	Parentline 13 22 89
Western Australia	<a href="#">Parenting WA</a> (08) 6279 1200 or freecall 1800 654 432
South Australia	Parent Helpline 1300 364 100

Informal support and help comes from partners, family, neighbours and friends. They can provide you with emotional as well as practical support. Often, the best emotional support comes from mothers with babies of the same age. Common interests unite us and babies have a unique way of bringing people closer.

Formal support for sleep help is available through your Early Childhood Nurse, G.P., Paediatrician or Lactation Consultant. Aim to develop a relationship with a professional who can support you and your baby long-term.

In many Australian cities and towns, Early Childhood Nurses run their own private companies that support parents in their own homes. Sleep education and support programmes are individually designed for each family. Costs vary, though consultations are often rebatable through private health insurance.

Telephone support and child health advice is available in each Australian State or Territory. Telephone lines are staffed by child health nurses who are qualified to answer queries relating to feeding, behaviour, sleep and general parenting. Some have a live email service such as Tresillian's "Messenger Mums".

Residential centres are an option for parents and babies who need support and sleep solutions. These are free services, funded by state and federal health departments within most capital cities of Australia. Day stay, short stay and long stay programmes are designed to assist parents within supported accommodation. Child health nurses, paediatricians, psychologists and social workers are specially trained to support families with young children. Admission to a residential centre usually requires a referral from an Early Childhood Nurse, General Practitioner, Social Worker or agency already involved in supporting the family.

Internet forums like Huggies are a great source of digital community support, especially for isolated mothers in rural areas. Through the night when you feel alone with your baby not sleeping, there is usually another parent online going through the same experience.

Sleeping help and information can also come from books, leaflets, brochures and tip sheets. Written information means you can try out strategies yourself. You can take your time experimenting with suggestions and modify them to suit you and your baby.

Place a contact sheet of names and contact numbers on your fridge. If you're stressed and really need help in a hurry, this can help you to feel more in control and supported.

