

# 10 first things to Help Find Sleep

Helping your child sleep without having to teach anything

What's fantastic with the sleep biology approach is that these recommendations are meant not only to make your baby sleep but also you. Sleep Biology, Circadian Rhythm and this whole hormonal system is what coordinate the whole human being in this planet. Everyone, as equal

## That one is only and hardest one:

If the temptation to catch up on sleep in the morning for you or if you don't want to wake up baby yourself, then simply, open the curtains, and turn on the radio. Simply create a day-active sensory environment.

## the Staying Asleep part

1. Consistent **Get up time** (+/- 20 min)
2. **Nap on the go** with you, day-sleep is helping when it's amidst noise and daylight.
3. Take baby along for (your) **social engaged interactions** (remember nap schedules and bedtime routine will not protect your and baby's night, this is)
4. Meet baby's **sensory needs** by taking them outside/where your life is bringing you. (our modern interior are not complex enough)
5. Use **meals & feed** to support body clock & sleep (Yes, I am telling you to ditch that "Don't nurse to sleep" burden)
6. Allow time to build up **sleep pressure** for bedtime (avoid or cap late nap or delay bedtime)

“Feeds” cover 25% of what makes your child circadian settle, reach out for professional support as soon as feeding difficulties appear. — With my expertise as a SOS Lactation Helper during COVID and a IBCLC Collective with me, we are ready to help you out. Includes a non medical symptom screening for facial ties, reflux, allergies, airway disturbances

REQUEST A FREE **SYMPTOM CHECK-UP CALL**

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## the Falling Asleep part

7. Dim that light at home, to let the **melatonin** infuse the body (basicaly dim the light to follow the course of the moon, and yes bedtime in summer in biologically around 8;30-9pm)
8. Free-up your child from overheating (Don't miss a sweaty neck, and back because of cold hands and — Remove a layer of lower the room **temperature** to 16-18C)
9. Release that stuck **cortisol** with sensory and/or socially engaged time before bed with you.

## the Falling Back to Sleep part

10. **Play with Sleep Associations** exactly as you wish, whatever makes everyone go back to sleep the quickest (Forget the Stay Calm, Quiet & Consistent, is it doesn't help)

*Hey, Louise here!*

"Puericultrice" is my dear french word for the paediatric and NICU nurse I used to be before COVID. Now, sleep consultant in London, I'm here to help families find sleep again without sleep training, either it's because it didn't work for them or because it's simply an option they don't want to consider.

My passion takes it from the heart of a Loving Auntie movement, truthful to parents and dedicated to support them and their kids in a way that deeply matters.

# Explore more

See the whole eco-system gravitating around this guide

The grid contains the following guide thumbnails:

- Raising Cooperation**: THINGS THAT HELP YOUR CHILD LISTEN
- Find Cooperation**: Identify your own strengths & determine your child's
- Find the words**: How to help your child to cooperate & to listen up
- Diff**
- Attachment & Separation**: ANXIETY WHEN SEPARATION DOESN'T FEEL SAFE (YET)
- Separation Anxiety**: Building safe separation experiences
- The Feeling of Being Reunited**
- Your Village here with you**: FIND YOUR VILLAGE & SUPPORT AROUND YOUR CARE
- What's your Super Power?**
- What's your Super Power?**
- Preparing Ourselves for your arrival**
- Diffusion Barrier: I am a parent in the 21st century**
- SEND A PARENT**
- Taking Care of us**: BUILDING THESE NEW PARTS OF YOU
- How can we Take Care of You?**
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- T**

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I'D RATHER NEED A 1:1 SLEEP CONSULTATION