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ONLY

Successful To Healthy Baby

How to get your baby to sleep through the night



from mother to mother



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"Successful To Healthy Baby Sleep – How to get your baby to sleep through the night" is an interactive pdf-file.

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Keep this symbol in mind – you can find it on every page in the top right corner. By clicking this symbol you will be redirected to the table of contents on page 3.





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Preface

I welcome you to this book and I am delighted at your interest. In the following chapters you will learn how to make your nights relaxing again in the future.

“Does he already sleep through the night?” — That is a question all newly parents are asked from time to time. Mostly they do not ask just like that; baby sleep occupies young parents more than anything else.

When you have bought this book, you probably had to answer this question repeatedly with “no” — or maybe you just want to know more about the sleep of your baby and about the security of the time sleeping.

I try to answer all of your questions about healthy baby sleep. My wish for you is that you can answer the question of sleeping through prospectively with “yes”!

For the first child, almost everybody is unsure how to treat the child and how to bring him or her up. This is why I hope to be able to take away some of the insecurities from you by giving advice and support concerning the topic of baby sleep.

I am myself mother of three children and for my first baby it was often hard to make decisions without knowing whether they were right or wrong. For the second child my decisions were a lot easier to make and for the third a lot went automatically. In this book I summarized numerous experiences that I have gained during that time.

This book, however, is not only based on personal experience, I also draw on many questionings of satisfied mothers and fathers — and also on such, that were less successful with their children.

Where Your Baby Should Sleep



There are many places where your baby can sleep — you will surely learn from your baby which one of these is the best for him. In this chapter I will show you a range of different possibilities and through trying them yourself you will automatically note which ones suits you and your baby best.

Let your baby sleep wherever he or she feels comfortable. I personally made the best experience with sleeping commonly in the marital bed. This is why you can read here mostly about the advantages of Co-Sleeping — but also about the arbitrary prejudices that exist about Co-Sleeping.

Co-Sleeping — The common sleep

Co-Sleeping is a term referring to the common sleep in the marital bed. Many parents fear that their baby could become spoiled or dependent due to common sleeping. How you will see in the following sections, this fear is mostly ungrounded.

Advantages of Co-Sleeping

What your child is feeling

You've already learnt in the previous chapter how your baby slides into the REM-Sleep phase once an hour. These transitions are frequent moments for the baby where he can wake up again easily. But if your baby feels that a reference person is nearby, he will be sleeping on more easily: The child senses your presence and due to that he gets a feeling of security.

So stay with your child in the first months to comfort him. In these first months, especially the mother occupies the role of the reference person.

Did you know that *you only exist*
for your baby when he can
feel and see you?

How Can I Help My Baby To Get To Sleep And To Go Back To Sleep?



This could be the chapter you were already waiting for. I would like to show you in the following paragraphs how you can help your baby to fall asleep and to sleep through the night.

How to recognize the weariness early enough

It is very important that you recognize early enough when it is time to go to bed. Your child possibly gets fractious and more and more excited when you miss the moment too long. Falling asleep can get complicated through this.

A small checklist for the fatigue signals:

The baby starts to yawn when he is tired, just like the adults, and rubs his eyes frequently.



A child often ceases his activities and gets quiet when he is tired. He turns away for example from playing Lego bricks or from people.

Most of the babies get a "glazed" eye when they are tired.



Overtired children are frequently uneasy and fractious.



Some children turn away from their parents, others bury their head in the chest.

Recognizing the tiredness early enough

It is important that you recognize the tiredness early enough. An overtired child is mostly fractious and defiant. In that condition it is hard for him to find sleep. For more on this see the checklist in chapter four.

>> Meals before
the nap <<

You could also introduce a ritual for the nap — however you should not mark it that much like the ritual for the night. It is enough to drink something and to eat something or to look at a book together.

There should always be a meal right before sleeping since the baby gets tired through it and it prevents that he wakes up later on due to hunger.

Using the nap for yourself

The following advice is actually very simple but many mothers do not use it. When your baby sleeps by day it almost offers that you sleep yourself as well. Many parents are complaining that they are exhausted because their baby never sleeps through the night. During the first months it is completely normal. It should be just as normal that you — at the same time as your child — fill up energy during the day.

>> Use the nap of
your baby as a
period of rest, too <<

At this time you should listen to your body and not to your conscience. Leave the domestic work where it is.

It will be
good for your baby and for yourself
when you are not always
in the state of an exhausted mother.

The right time to sleep during the day

At which time you are putting your baby to sleep depends mostly on your lifestyle. When you are a family that gets up rather early in the morning, your baby should probably sleep early at morning and early in the afternoon and then he should be tired again at eight o'clock in the evening, the latest.

It could also be that the father of your child would like to spend some time with him as well when he is back from work. When you delay the sleeping of the day from e. g. two to four o'clock, your child should be awake



Closing Words

At the end of this book I would like to thank everybody who contributed. I would particularly like to thank all the people who served as sources of information for me to write this book — all the mothers and fathers who told me about their experience.

I hope that my book was able to contribute to the improvement of your baby's sleeping behavior. Perhaps I was also able to make you look a bit more consciously into the eyes of the parenting.

I wish you and your child a wonderful life together. Enjoy every minute with your children — they will grow up faster than you think.

Last of all I wish you a relaxing and calm sleep!

All the best,

Andrea Bergmann





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If you ever wanted to know how to get off your baby to sleep more easily — without being exhausted due to your crying little one — then this ebook is going to be the most valuable that you can read upon this topic.

ANDREA BERGMANN

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