

EARLY WAKES GUIDE

newborn to 6 year olds

by Amy at Counting Sheep

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Thank you for choosing my early wakes guide.

Please read through this entire document so you can get the most out of this guide.

This guide contains advice and methods **to help you guide your little one through early waking** and hopefully get them waking later in the morning.

What do I class as early waking? Anything before 6am in the sleep industry is seen as early waking. No one wants to start their day before that, right?

ADDITIONAL SUPPORT

The purpose of this guide is for you to read and implement a plan to help your little one with combatting early rising and waking at a more reasonable time past 6am. It is important that we factor *your* child's temperament into things. Temperament plays a big role when it comes to helping and supporting our little one's with sleep (and everything else in life in fact!). If you need further on-going support in the form of a one-off call with me or a bespoke sleep package for your little one from me, then please head to my website where you can book this instantly. I'm here to help!

ROUTINE

It is important that your little one is getting the right daytime sleep (if still napping). **An overtired little one will be much harder to settle at night and can cause early morning waking.** It is important that you implement a daytime sleep schedule that makes sure your little one is getting the right daytime sleep. You can purchase my month-

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by-month routines (babies up to 18 months of age) on my website if you need further support on routines. You can also download my free “sleep needs” guide from my website to help if you need further free support. I talk more about naps later on in this guide.

SLEEP SAFETY

It is important that you follow the appropriate baby and child sleep safety guidelines. In simple terms, for a baby up to 12 months of age, this is putting your baby down on their back in a clear cot or sleep space. Please research sleep safety before buying and implementing sleep products at home. In the UK, I direct families to **The Lullaby Trust** as they raise awareness of sudden infant death syndrome (SIDS) and provide expert advice on safer sleep for babies.

AGE OVERVIEW

0-4 months: At this age, night feeds are a “thing” so your baby will likely be waking through the night for feeds. Do not worry if your little one wakes at, say, 5am for a feed, and then drifts back off to sleep. This is completely normal. I would be quite strict on making good morning wake up times at this age. Keep the room dark and aim to open the curtains when it’s past 6am so you can start to form your baby’s body clock, as their circadian rhythm forms in the first months of their life.

4-6 months: This is the golden age when supporting your little one with sleep is only going to benefit you and them. It’s a perfect age to start focussing on how your little one falls asleep. Supporting our little ones with independent sleep and falling asleep on their own is only going to benefit them at the early hours of the morning when sleep can be challenging for them... and I’ll explain a lot more about that in a little while. I have a sleep coaching guide on my website

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that you can purchase to help you with promoting independent sleep.

6-12 months: Your little one will be more aware of their surroundings now. If your baby is not able to self-settle and you are struggling with sleep as a whole family, then now is the time to look at solving this. I find the sweet spot for sleep training to be from 6 months of age and this is often when parents look to start. If your little one is waking early and can't settle to sleep on their own, then you need to focus on the self-settling first.

12 months-18 months: Again, if you have a child that cannot sleep independently at this age then I find that early waking can be a huge problem at this age. Your child will be wise and may act up. Knowing this will really help you stay strong during the process.

Toddlers and above: You can have conversations with your child now and they understand you. Early wakes can get easier if you have a child that you can reason with, but it can be complicated and challenging for children with a more alert temperament, so I talk through all of this in this guide.

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OKAY, SO YOU'VE PURCHASED THIS GUIDE. LET'S SET THE SCENE...

If you are reading these words, you are struggling with early wakes. Eugh!

The good news?! You are by no means alone. I absolutely see you, starting your day long before you're want to, beginning each morning with a brutal, unwelcome awakening and, often, living with a baby or child who is either desperately over-tired or who can't quite take the sleep they need at a time that works for the rest of the family. It's a nightmare!

When a baby or child is waking early it can have a deep and lasting impact on the family. Exhaustion is symptomatically like depression in the brain so if you're a really ratty, snappy, forgetful, mood swinging, emotionally volatile, weepy, a rage-filled version of yourself; you are standing shoulder to shoulder with countless other mothers in your position. Just know that you are not alone.

I speak to many families and early rising is so common. This surge in early rising has spurred me to write this plan for YOU.

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SETTING YOUR EXPECTATIONS

I want to take a moment to manage your expectations on what this guide can do for you. What I am about to share, is every leaf in my book; every trick up my sleeve, because trust me, there are some tricks.

I have been tackling early wakes with great success for many years now. I will give you every bit of armour in my skillset to give you the best chance to tackle this sleep obstacle.

It is important you know, though, that early wakes are the single hardest and most stubborn sleep obstacle to overcome. They can be a difficult one to crack if it's something your little one has done for a long time or even their whole life. Yes, I have worked with 4-year-olds who have never slept past 6am in their life! Whilst I can give you my all around this topic, I cannot guarantee that it will solve your early wake. This is because there are countless factors outside our control that impact a body clock. Also, despite popular belief, I am an infant sleep consultant, not sleep magician! Although, that would be rather cool, wouldn't it?

I don't have control over how your particular baby/child responds to the suggestions I make. Or indeed how/whether you carry them out as I describe.

The truth is that there are going to be some cases that refuse to budge to a later start to the day. This may be because the baby/child is simply getting enough sleep. This could be genetic, especially if there is a parent who functions on less than an average 8 hours sleep. So, this is something to be completely mindful of and I like to be upfront about this from the start.

It may also be that there is more to the early wake than meets the eye. What do I mean by this? If a baby/child is taking inadequate or

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poorly spaced day sleep, or if they can't self-settle for all sleep at all times, then there is more at play and early waking is not the root concern. In this case, the steps in this plan are unlikely to resolve things for you. If this applies to you, and self-settling is not happening some of the time, please head to my website and purchase my sleep training/coaching guide so you can work on this first.

But now is not the time to dishearten – I've given you the worst-case scenario, and now let's aim for the best for you and your family! I am here to give you all I've got including every ounce of our belief and hope in your ability to give this your best shot. You're in the best position to begin so let's get on with it, shall we?

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WHAT IS HAPPENING AT THE EARLY HOURS OF THE MORNING?

As mentioned earlier, I class an early wake as anything before 6am.

It's really important for you to understand what happens at the early hours of the morning for all of us. Here's a quick overview so you "get it":

- 🕒 When we first fall asleep at the beginning of bedtime, we go into a deep sleep. This is the deepest sleep you will have during your overnight sleep.
- 🕒 In the early hours of the morning, lighter sleep occurs due to a decrease in melatonin (our sleepy hormone) in preparation for our wake time for the day.
- 🕒 We also produce a hormone called cortisol which helps us with our wake up.
- 🕒 Our brain starts to wake up. You may notice that you dream more in the early hours of the morning, and this is the exact reason why!
- 🕒 Alongside all of this, your baby/child's digestive tract is waking up for the day.

However much we would like our babies/children to do 7.30pm to 7.30am, we do not live in a perfect world, and any wake from 6am (if it follows 11/12 hours solid sleep) is pretty darn good in my book.

If 6am feels too early still, and the steps in my plan don't budge it later for you (in other words if that is just the natural time your baby/child happily wakes), consider an earlier bed, closer to 6.30pm so you at least get an extra hour at the other end of the night. If your baby/child is waking up earlier than 5am, this is not an early wakes

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issue – this is a night wake and must be treated as such, with no incentive to wake or start the day, and no ‘ing’ such as feeding, patting, rocking, staying, co-sleeping to get them back to sleep (unless of course you want to and its age-appropriate to do so.) If your baby/child wakes early but goes back off happily with a feed (and you don’t mind this) please feel free to continue it. Remember if it works for you, it works.

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GOING BACK TO BASICS

The first thing I always look at when dealing with an early wake case is the sleep environment. There are some basic bits of info that just make early wakes less likely. They'll almost certainly be things you've already tried, but what kind of plan would it be if I didn't cover the basics, right?!

White Noise: Now, let me just say that I am a massive fan of white noise. It is something that I use personally, along with my husband, as he suffers with tinnitus.

A 1990 study into the impact of white noise on infants found that 80% of the 40 babies studied fell asleep within 5 minutes of hearing white noise. That's cool stats, isn't it?

What is white noise? The sound from white noise mimics the sound of the blood whooshing through the umbilical cord, so it's a lovely natural sound that you needn't be afraid of creating a dependency to. I often deal with lots of parents who say they worry about how their older baby or child will sleep without it. It's honestly simple... to stop using white noise, you just turn it down gradually over the space of a few days or a week. It's really simple. Technically, white noise is made up of many sound frequencies which mask and block out sudden sounds like parents entering the room, screaming siblings, noisy knocks at the door (why does the delivery man always rock up at nap time, hey?), melodic summer birds, road noise and barking dogs. It's most effective when played continuously throughout the duration of the sleep, rather than timing out after 30 minutes or a few hours (this in itself can wake a baby up so it's something to be mindful of!)

White noise can make for a peaceful settle and a deeper and longer sleep. There really are no negatives. As a guide, the volume white noise should be played at should be that of a shower in

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the same room. If using a white noise machine, have it at no more than 50 decibels. There is pink and brown noise too so you can look at these options too and see which is more appealing to you and your little one.

If your baby/child is room sharing (with you or a sibling), if one parent starts the day early or you live with a fair bit of external noise, it's white noise all the way! Trust me!

Black Out Blinds: Not all babies/children need it pitch black to sleep their best sleep, but some can't do without it. Particularly if you have a little one who is stimulated by light or just ready to go as soon as their eyes open. I have two children – my eldest needs a very dark room and my youngest can cope with it being lighter.

Suction pad black out blinds are available as a cheap option and can be great for having a mobile solution to light disturbance. These are great options for the summer months.

Another hack that I like is using tin foil. You can damp the window and then stick the tin foil on, and it is as effective at blocking out heat as it is light.

If your baby/child sleeps with the door open, consider whether light from the hallway or another room be causing them to wake sooner? If yes, set an alarm and close the door before the sun rises in the morning. This can often work.

Swaddling: If your baby is under 3/4 months, consider swaddling so that the jerky movements your baby makes as they go into (and come out of) deep sleep don't interrupt them at the regular intervals in the night as they move between sleep cycles. Babies have been tightly confined in the womb and swaddling can feel inherently 'known' and safe. I am not going to teach you to suck eggs here – you can go ahead and choose how best to swaddle your baby. There are some

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brilliant resources available online.

Too Hot or Too Cold: It might sound obvious but if a baby/child is too hot or too cold then it can cause wake ups. In the winter months the early hours of the morning can be particularly cold before the heating starts up so think about what you dress your little one in at bedtime to make sure it's not one of these reasons.

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UNDERSTANDING YOUR FAMILY GOALS AROUND BEDTIME AND MORNING

I always say to the families that I work with that it's really important that you pick a time when you want bedtime to be and when you think it's acceptable for your day to start. Remember what I said earlier, in that, not all children conform to the 12 hours of overnight sleep. Some need less.

When choosing a bedtime/morning wake up time for your family, choose what works for you within the 6-8 range. By that I mean, it's fine for your day to start anywhere between 6am-8am and finish anytime between 6pm-8pm, but whatever you choose, you're aiming for 11/12 hours of overnight sleep. Make sense?

I do think a 6pm bedtime is early and a bedtime at this hour might just make an early wake inevitable... but I work with families who want a bedtime at this time.

I would rarely let our babes sleep past 7.30am in the morning, as we find it throws naps and meals off the whole day and results in us feeling like we are chasing our tails.

Think about what time is best for your baby/child and for you.

If you're currently on an 8pm or later bedtime with an early wake, try an early bedtime of 7pm or earlier. If you're on a 6pm bedtime that's resulting in early wakes, try one nearer to 7.30pm for example. Nothing changes if nothing changes.

If once you've sorted early wakes, you find yourself on a 6.30pm bedtime and you'd like it to be later, don't be afraid to move to a bedtime of your choice by putting them to bed 15-30 minutes later each night until you get to your desired time.

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SLEEP CUES

I think it's important to act when our children show signs of being tired. If you're able to act as soon as your baby/child first shows you signs, they'll settle to sleep far better, drift off more peacefully, sleep longer and wake happier, giving you longer to yourself.

Missing the wake window finish isn't the end of the world, for sure, but it does mean your baby/child gets a shot of adrenaline (cortisol hormone) into their blood stream making it harder to switch off, more difficult to peacefully settle and more likely for them to wake prematurely before they've had enough sleep! It's worth knowing this as the whole "second-wind" rush that you see children get is because of that cortisol in their body as it's telling their body to stay awake. We are now in over-tired territory.

So, what do early sleepy signs look like?

- 👁️ zoning out
- 👁️ irritability
- 👁️ clinginess
- 👁️ child resting head on something
- 👁️ wants to be picked up, but then doesn't – just doesn't know what they want
- 👁️ back arching
- 👁️ restless
- 👁️ pink eyebrows
- 👁️ glazed eyes

Late sleepy signs?

- 👁️ yawning
- 👁️ ear pulling
- 👁️ crying
- 👁️ difficult to calm down

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THINGS TO RULE OUT

It's important for us to rule out any reasons that cause early wakes.

So, let's consider their health and wellbeing.

Here are some things to consider:

- 🐑 Is your baby/child 100% well? Have you or anyone else in your family been battling anything such as a sickness bug or nasty virus? Even if your baby/child doesn't seem to have it, could they be fighting it off?
- 🐑 Have you done a nappy check if needed? Consider going up a size (absorbency level) in nappies if you are experiencing nappy leaks or a very full nappy come morning.
- 🐑 Is your baby/child teething? (Red cheeks, excess saliva, chewing down, hands in mouth, off food or milk, disturbed nappies, sore bottom?)
- 🐑 Are you feeding your baby/child when they wake early? Sometimes this can cause early wakes to continue as the feed is an incentive to wake. Experiment with a dream feed for babies' pre-8 months old, to see if it can keep the early feed from happening so early! Babies after 6 months don't usually need a night feed unless indicated by a health care professional.

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NAPS

Whilst this guide is for babies to children up to the age of 6 year of age, I do need to cover off daytime sleep for those little ones who are still having daytime sleep.

Adequate day sleep is a vitally important consideration for early wakes.

If your baby/child isn't getting enough restorative day sleep, they are invariably overtired and this is the number one culprit for early wakes. I promise you!

This can get tricky when I have a family come to me with a 22 month old and they say that their little one no longer naps in the day... because they resisted the sleep so the parents gave up... and hello, early wakes shortly arrived thereafter. With this particular case, we reintroduced the nap and their little one was sleeping happily to 6.45/7am after a week.

I know how well naps are serving our babies/children (whether they're working) by how they wake from them. If they wake happy, they've likely had enough for now and if they wake crying they are probably still tired. Not always though, as some babies do wake cranky at times.

I can also see whether they are getting enough by seeing how well/long they are able to stay cheerfully awake for after the nap ends. If they only get cranky right at the end of their wake window (i.e. just before they are due to have a nap), then the length of time awake and their nap routine is working well and stick with it for now (until they show you that timings need a tweak.) If they're not lasting the wakeful time happily, they probably need more. Make the adjustments needed to get them the sleep they need.

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Some things to ask yourself:

- 🐑 Is my baby/child waking happy from naps?
- 🐑 Are the naps long enough?
- 🐑 Are they taking the recommended amount of average day sleep?
- 🐑 Are they happy between sleeps? Consider whether they are clingy, hard to please, off food, not happy being picked up or put down, not really knowing what they want.

If any of these answers are no, consider how you might help your baby/child to get better day sleep. This will mainly be through shuffling naps around and experimenting with timings. It'll probably involve making a sacrifice or two about when you do things in the rest of your day. But that's ok, anything for peaceful, restorative sleep, right?!

Nap Transitions: It's also important to consider if your baby/child is approaching a nap transition. At around 7-9 months they go down to two naps from three. And at around 13-18 months they drop to one. I have seen babies drop naps earlier and some drop them later and it's worked for them.

Dropping a nap really doesn't have to be that daunting. Space out the remaining naps so that the sleep is spaced out in such a way that you can get to a reasonable bedtime. Don't be afraid to have your one nap starting before the traditional 1pm. 11am is fine too and works better for some little ones.

Make sure your baby/child goes down for a nap with a full belly (not too full though!) and having had some fresh air.

Don't rush in when they wake - even if they're rolling around for 20 mins happily - let them call for you (this is before they're crying or anywhere near it!). They're probably having a lovely time coming 'to' from a lovely nap and it gives you a bit of notice to get your head back in gear.

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SET BOUNDARIES

Boundaries are so important when tackling early wakes because how you respond to your baby/child sets the tone of what is acceptable and what isn't. Consider what you are doing when your baby/child wakes too soon. How are you responding to them? If your baby/child is waking at 5am or even 4am are you enabling them to settle back off to sleep or are you starting their day? If it's the latter then I recommend that you change your responses. If you start your baby/child's day at 5am, not only will their body clock get used to that being an acceptable wake time but it also teaches them that they have the final say about when they start their day, and there's nothing stopping it getting even earlier. Remember that children find comfort in boundaries and sometimes just changing your responses and implementing loving boundaries (not ignoring them but not starting the day until it works for you) can discourage early wakes. Peppa Pig is NOT acceptable at 5am.

It is really important that you treat anything before 6am as a night wake. It is NOT time to start the day.

Another thing I think about is making sure there's no incentive to wake. Consider what they 'get' after they wake and think about making it less appealing. Could a lovely snuggle in Mummy and Daddy's bed, a warm feed, a screen or a trip to the toys be too exciting to sleep in for? Consider restructuring the morning so that the lovely snuggles come after the physical needs such as going straight to breakfast rather than a feed or going straight downstairs rather than having a cuddle in bed first. We are not saying these things need to stop, just that a re-jig may get you a step closer to seeing a 6 or a 7 on the clock rather than a 4 or a 5! That's the ultimate goal right?

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TECHNIQUES TO TRY

I have armed you with lots of information already but let's now move into some tried and tested techniques that I have tried with hundreds of families.

Rouse To Sleep:

My rouse to sleep method (I also call it "the nudge") is an effective trick that I use to stir a baby/child in the deep phase of their sleep.

This kicks them straight in to their next sleep cycle without them going into a light phase of sleep. That way it keeps them in a deep sleep.

It can be enough to lengthen a nap or stop an early wake and can be used for both daytime and overnight sleep. I used this trick with my eldest to get her napping longer as she was terrible at connecting her sleep cycles in the daytime.

This trick, widely known as the wake to sleep method, has had its name changed by me because we are actually doing this to avoid a wake(!), so the last thing we want to do is wake them even earlier! Our aim is to rouse or stir a baby/child in their sleep, not wake them.

If your baby/child is consistently waking at a similar time each morning (within 30-60 mins of the same time) then this method could work well for you because it has the most impact on habitual wakes.

This strategy won't of course work on hungry babies or babies/children who have had enough sleep (every baby/child needs 11-12 hours a night).

My rouse to sleep method involves stirring (not waking) your baby/child in their sleep. My definition of stirring is your baby/child acknowledging your attempt to stir them by either sighing and moving slightly, moving









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their mouth, rubbing their face, turning their head, moving their limbs or turning over. Below, I list some of the ways you might have success stirring your baby.

-  quietly enter the room (it works well if you have white noise on so you entering the room doesn't wake them)
-  quietly approach the cot/bed
-  gently move the covers
-  gently touch their body through the covers
-  gently touch their hair
-  gently tickle their cheek
-  move them up and down and inch or two in their cot/bed
-  keep going until they stir

If they wake accidentally (it can happen!), stay a little longer and help them back to sleep using as little input as possible as this can wake them more.

Rouse to sleep needs to be done at the same time each night or morning and it needs to be done for four evenings/mornings in a row. You can do it for up to a week.

Evening Rouse To Sleep:

This needs to be done within four hours of your baby/child falling asleep; within four hours, not at the four-hour mark. This often fits in with your bedtime if that's around 10-10.30pm so it can work well without disrupting your night's sleep. This needs to be done for four evenings in a row or a week maximum. The method is above.

Targeted Rouse To Sleep Method:

I recommend trying this if the evening rouse to sleep hasn't had an effect after four days (or a week). Targeted stir to sleep is to really target the time of the early wake and to stir your baby before it happens. To do

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a targeted stir to sleep we recommend you set your alarm half an hour before the earliest wake is happening (so if the earliest wake is 5am you would set your alarm 30 mins before this at 4.30am). We know this is pretty brutal, but so are perpetual early wakes, right?!

This needs to be done for four mornings in a row. It can be repeated as many times as needed, but do give yourself a break between attempts.

Resets

Resets are what I would try if the rouse to sleep technique has not worked for you.

A Reset:

Sometimes your baby/child needs a reset of their body clock to shake up their sleep cycles.

A reset is performed by offering a much later nap and a significantly later bedtime. This is a one-night thing so don't worry.

Offer your baby a nap as soon as they're tired before bed and wake them after 45 minutes. Then put them back to bed as soon as they're tired (not longer than their usual wake window.) This is done for just one night and the next day normal day sleep and bedtime resumes. I would wake your little one no later than 7.30am.

A Total Reset:

For the total reset option, put your baby/child to bed at their usual time but wake them 45 minutes into their overnight sleep. Keep them up for two hours before putting them to bed. On the second night do the same but shorten the awake time to 1.5 hours. The third night, put them back down after one hour awake and the fourth night keep them up just 30 minutes. On the 5th night, don't wake them at all.

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After each awake time on nights 1-4, put them back down to sleep with a bedtime feed if below 8 months (or indeed beyond that if you want to.)

After a total reset, it should be much easier to encourage them to settle back off to sleep using your usual self-settling techniques. A total reset can be done as many times as is needed, but give at least a week between each attempt.

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OTHER THINGS TO DO

Put Yourself in their Shoes: Okay, so we know that our sleep is much lighter at the early hours of the morning. I always tell my clients to put yourself in their shoes. Think about whether the heating or hot water kicks in around the time that your little one wakes up. Perhaps your neighbour goes to work at 5.30am and this is when your little one wakes. Or the light creeping in from underneath the door is enough for your little one to wake. Go into your little one's room at 6am and see what it looks like. Is there too much light coming in?

Telling the Time: Remember that babies and children can't tell the time. So, it's imperative that you act accordingly when it's night-time. You should be quiet, calm and quite boring. You shouldn't be talking and stimulating your little one. You are a very different parent to that of a parent who is going in for their morning wake up – where you will greet your little one with a huge smile, kisses and a big “good morning”.

Morning Clocks: Clocks which show when it's night and when it's morning are great for children who understand them (I would say 2.5 years old and up). They work by displaying a moon (perhaps) when it's time to be asleep, and a sun when it's time to get up. You can set the time for a wake up time that works for your family. I have seen great success with these types of clocks... particularly if it's a little one who is very sensitive to wake in the early hours. They can look at the clock and know that it's time to still be asleep.

Rewards Charts: I think rewards charts are a great way to incentivise children. A great way to introduce one is to make sure that there are four things you want them to achieve – two of which should be very easy for them to achieve and the other two should be linked to early rising. This could be – have a bath, brush my teeth, stay in bed until Mummy gets me up, no shouting until it's time to get up. Make a huge fuss if they have achieved stickers for their rewards

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chart. If they didn't achieve any, it's not about disciplining them, it's about telling them that "we'll try again tonight" or "I think you can do a great job of this next time, do you?"

Role Play Bedtime and Mornings: I love doing role play with older children when it comes to what we expect of them. Act out with their favourite teddies what "good" looks like at bedtime AND when they wake up in the morning. For example, if they wake and the morning clock still has a moon, then tell them that they are expected to stay in bed. If you have a little one who screams or gets out of bed in the morning, then you should role play that staying in bed is what you'd like to see from them.

Staying in Bed: Even if your little one is waking at 5.30am but they are happy and stay in bed coo-ing or singing to themselves until 6.15am... they are still in bed so that's success in itself. Over time, I am pretty confident that if you get your little one to this stage, that they will practice nodding back off during those early morning wake struggles. Practice makes perfect. Baby steps!

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MY FINAL WORDS

Sometimes early wakes can be persistent and despite trying all of the above your child may still be waking early. In this instance we recommend that you take a breather, offload the pressure and pause for a bit, as it's hard work being an early waking super sleuth 24:7!

It may be that for whatever reason, the time is not quite right for either you or your child to make these changes, and that's totally okay. Don't beat yourself up. It could be that there's something going on that you don't even know about such as a developmental or emotional leap or physical stumbling block.

If now is not the time. Go easy on yourself. This is not a reflection on you. Prioritise your own sleep so that you're not enduring a late night and an early wake. Recharge your batteries and come back for a round two of early wakes troubleshooting when you are ready to, and remember that your child's ability to sleep 'well' is not a reflection on your worth as a mother. If your child is happy and healthy, and looks and feels rested most of the time, chances are you're doing a tremendous job.

But, honestly, I am excited and hopeful about the transformative changes that I know solid sleep and post 6am wake ups will bring your family when your little one can do it.

I would like to gently remind you that we do not have control or influence over how you choose to carry this plan out. I know from experience that the plans work beautifully and quickly – but now that I've handed the information over to you, its success is in your hands. It will only work if you do it in its entirety and if you consider everything I have detailed in this guide. Even if you do, it may be that you are faced with factors outside of your control such as teething, however, none of these setbacks need to be showstoppers.

Thank you so much for purchasing this guide from Amy at Counting Sheep. With over 5 years' experience in supporting parents with baby and toddler sleep, feeding and behaviour, Amy is thrilled to share her expertise with you. If you would like to find out more about working 1:1 with Amy then please visit her website. As you can imagine, professionalism and discretion are key to Amy and she, therefore, respectfully requests that you do not copy, share or imitate any of the material in this guide. All of her work is copyrighted, and more support is always available, by request. Best of luck with your little one; it's such an exciting time to spend with your little one.

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I'd like you to know that some parents need a little extra support to get to where they need to be, and that's okay too. They all get there, and so will you. Supporting you is what I am here for. Should you need it, you can always book one of my sleep support calls directly on my website. This comes in the form of up 30 or 45 minute 1:1 calls.

It gives me great joy to be able to tell you that having access to the knowledge and support within this guide has made all the difference to countless tired parents across the world.

A sleep expert is invaluable as a third-party advisor. Have you ever had a problem that you could not solve but someone else could see a simple solution in an instant? Coming at a problem from a different perspective is a game changer. A fresh pair of eyes can work wonders.

A trained qualified professional will look at your life as a whole and suggest schedules and routines that need improving and will work around you. With sleep challenges, one size does not fit all so a program is tailored to suit each set of circumstances. A sleep consultant will be there for all troubleshooting as these are the times when most parents just don't know what to do!

Best of luck! You have got this!

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