

Sofa  
sleeping  
is **NOT**  
recommended

Pillows  
and duvets  
from 12  
months  
only



## Useful links

### Websites:

- [www.leedslibraries.nhs.uk](http://www.leedslibraries.nhs.uk)
- [www.leedscommunityhealthcare.nhs.uk/0-19team/](http://www.leedscommunityhealthcare.nhs.uk/0-19team/)
- [www.nhschoices.net](http://www.nhschoices.net)
- [www.sparklebox.co.uk](http://www.sparklebox.co.uk) (for reward charts)

### Films/apps:

- Baby Buddy app: Sleep States, Rousing and Soothing and Bedtime Routines
- Parents from Leeds videos - [www.leedscommunityhealthcare.nhs.uk/0-19team/](http://www.leedscommunityhealthcare.nhs.uk/0-19team/)



You can find us on Facebook:  
**0-19 Public Health Integrated Nursing Service**

Your  
0-19 Family  
Health worker  
and 0-19 Specialist  
Public Health Nurse will  
always support you if  
you are concerned  
or need more  
information

## Help us get it right

If you have a complaint, concern, comment or compliment please let us know by speaking to a member of our staff. We learn from your feedback and use the information to improve and develop our services.

If you would like to talk to someone outside the service contact the **Patient Experience Team** on **0113 220 8585**, Monday to Friday 9.30am to 4.30pm or email [Ich.pet@nhs.net](mailto:Ich.pet@nhs.net)

**We can make this information available in Braille, large print, audio or other languages on request.**

# Top sleep tips



**0-19**

**Public Health Integrated  
Nursing Service**



## Reasons for disturbed sleep patterns

- Lack of routine
- Busy or overcrowded household
- Rocking to sleep
- Playing until late
- Over-stimulation
- Stage of development, i.e. teething
- Poorly
- Holidays or change in routine
- Stress in the household
- Lack of consistency

Healthy sleep patterns for babies and children contribute to improved growth, development and learning, managing emotions and prevent frazzled parents

If you smoke, have had any alcohol or drugs we recommend you do not co-sleep with your child. The risk of Sudden Infant Death Syndrome whilst co-sleeping increases with these risk factors

All babies need smoke free places to sleep

Babies need you to be sensitive to their needs and responsive

To encourage your child to sleep they will need reassurance, and be in a calm environment whilst trying to fall asleep.

Babies and children can be wakeful at times. This can be due to a number of reasons which may be time limited. Remember to try and stick to a bedtime routine where possible.

For responsive parenting and recognising sleep cues, have the baby in your room for at least the first 6 months.

We would not recommend controlled crying - babies sleep best if their cries are responded to.

## Babies

It is normal to be wakeful at this age, especially if they are rocked or held when going to sleep. Remember, babies sleep best if:

- They are in a calm environment.
- They have a loose routine as they grow – this can help them know what is happening next.
- Have consistency – responses are the same.
- They are responsively fed in a darkened room.
- They are responded to with a calm approach.
- Reassured that they are not alone. This is achieved through responsive parenting and recognising your baby's cues.
- They feel safe and secure.



## Infants, toddlers or children

A good time to try and start a sleep routine is when your child is feeling well and they have somewhere quiet to sleep. In order to promote good sleeping habits try the following:

- Wind down time before bed – no screen time (TVs and electronic devices, including musical mobiles) or active play for one hour before bed.
- Have together time – one to one with suitable stories (no more than two), hugs and snuggles.
- Have sleepy foods before bed – warm milk / bananas.
- Have a routine – try to stick to it.
- Have a temperature controlled room.
- Be realistic about your child's needs - consistency is key from all responsible adults.
- Make plan.
- Set a routine that suits you all.

All family members need to work together