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sleep. Prior to
that time, do
some bedtime
routine
activities like
telling a story
and singing a
lullaby. When
you notice your
baby looks
sleepy, put her

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in her crib in
the separate
room, put out
all the lights
and you should
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Sleep. Posted on
October 30, 2020
by Judy Arnall,
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Think of your
child as a
special flower
in the garden.
Remember the
seeds given at
the beginning of

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the year. You
have been given
a special seed
that needs its
own quantity of
water, sun, and
special soil
conditions. ...

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How to Solve

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Your Child's Sleep Problems – at Any Age

Newborn (under
12 months):

Random,
consistent
crying fits.

Though the 12 to
16 hours of
sleep newborns
need in a
24-hour...

Toddler (1 to 2

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Problems
years old):
Bedtime
resistance. As
you watch their
legs steady,
their words
multiply and
their
defiance... ..

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in detail
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Be prepared for
your child to

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take a long time to settle when you first start.

You can use strokes or pats instead of kisses if your child sleeps in a cot and you cannot reach them to give them a kiss.

Follow a regular calming bedtime

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routine. Put your child to bed when they're drowsy but awake, then kiss them goodnight.

~~Sleep problems
in young
children — NHS~~

If you do this for a few weeks and think your baby's sleep

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troubles are solved, it's likely your baby will regress back to the "easier" conditions that baby formerly preferred to sleep under (i.e. conditions where someone needs to wake up whenever baby

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wakes up to
satisfy whatever
condition (s)
baby has been
trained to think
they need to
fall back
asleep) .

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research as the
director of
Boston's Center
for Pediatric
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at Children's
Hospital, the
book is a
practical, easy-
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nights and these
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problems, as the child does not want to be alone.

Strategies to help include: emotional support, desensitization, rewards, schedule adjustments, negotiation, unlearning of

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