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Happy First of the Month!

Welcome to my June newsletter, covering how to set your little one up for sleep success when moving them to their own room and our prop focus this month - the dummy! I hope you find it helpful.

Have you seen the special offers for my online programme yet? Use code LC10 for 10% off and, as a special bonus, I'll send you **all my pdf guides** (worth over £140!) to future proof your sleep journey! Offers expire on the 8th of June - you haven't got long left!

I'm in!



Get 10% off my self-paced sleep support programme and my pdf guides worth over £140!



Moving your little one to their own room - my top tips for a successful transition.

For most parents, there comes a time when moving your baby to their own room comes up in conversation*. This can feel like a big change, so use the steps to help to make it as easy as possible!

- **1. Get prepared.** Spend a few days prior to the transition getting your little one used to their new space. My suggestion for this would be to spend some time playing in the new room/inside the cot for 10 - 15 minutes, several times a day, for a few days leading up to the transition.
- **Decide on the approach that works for you.** Most babies settle pretty quickly in their new sleep space, especially after a few days of preparation

(see above!). However, how you approach the change is up to you as parents:

- **All in.** Sometimes, a faster, clearer transition is easier all round so that your baby gets used to the change as fast as possible, rather than being confused about when they are in their new space and when they aren't.
- **A little slower.** If your preference is to take things a little slower, I recommend moving your little one into their new room for their **nighttime sleep** and for the **first nap of the day** first (the 'easiest' from a sleep perspective), adding in subsequent naps over the next few days as they settle.
- **Ensure you stick to your bedtime routine.** Using your existing bedtime routine will help your baby to know what to expect and will help them to feel secure despite the change of location. Remember that a good bedtime routine is done in **exactly the same order, every single night**, so that it is a powerful cue to your little one that sleep is coming!

Please contact me if you require additional support with this transition – I'd be more than happy to help.

*[The Lullaby Trust](#) recommend that, for safer sleep, babies sleep in the same room as their caregivers up to the age of 6 months.



Prop focus - the dummy

A 'sleep prop' is something that your child believes they need in order to fall asleep. This could be feeding to sleep (breast or bottle), the proximity of a caregiver, motion, such as napping in the pram, rocking or patting, or, as we're going to focus on this month, needing a dummy to go to sleep.

There is some *mixed* research that having a dummy reduces the chance of SIDS (Sudden Infant Death Syndrome), but the research is exactly that - mixed. The NHS recommends that if a dummy is used, it is removed at 6 months old to avoid causing difficulties further down the line with speech development and dependency.

I speak to many parents who have to do '**the dummy run**' several times a night; dashing to their little one to replace a lost dummy so that their little one doesn't wake up. This might seem like an 'easy' solution compared to some props, but trust me when I say that your sleep will be no less broken just because you're out of your bed for a short period of time! For your baby, sleeping with a dummy or using one to get to sleep can cause sleep cycles to be fragmented, meaning that, even with the dummy, they aren't getting the deep, restorative sleep that they need.

That all said, if having a dummy is working for you, **there is no need to change it!** However, if you are trying to develop your child's independent sleeping skills and they are reliant on a dummy to get to sleep, it might be best to **ditch the dummy**. Generally speaking, it's better to get rid of all dummies, all at once, so that your little one doesn't get confused about when they get one and when they don't. Some families employ the services of 'The Dummy Fairy' which might work better with older children, but younger babies should manage just fine without one, especially if they are getting the restorative sleep that they need! If you would like further support in making a plan to ditch the dummy, do get in touch!

Testimonial quote of the month

*"I can honestly say completing the course **has changed my life** as a new mum...My baby was waking every 20-60 mins and the occasional night I'd get a 2-3 hour block but on average he was waking 10-12 times a night...**by night 3 he slept through** which I was amazed by"*

Sam, Mum of River, 6 months

[Read more](#)

As ever, if you need any further support in any of the areas covered in the newsletter, or help to tackle a specific sleep challenge, please don't hesitate to get in touch. If you would like to book a free, 15 minute call to discuss your situation and how I can support you to achieve your own sleep transformation, click [here](#) to access my calendar.

Best wishes,

Amy

The Rutland Sleep Consultant

p.s. Know someone who could benefit from the information in my newsletter? Hit forward and send it on to them - let's get as many people as possible having a better night's sleep!

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The Rutland Sleep Consultant

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