



Parenting Genie

★ A-Z of Parenthood!



Help Your Baby Sleep Better – Practical Fixes for Common Sleep Struggles

Real tips. Gentle strategies. Peaceful nights.

By Parenting Genie – Supporting You from Pregnancy to Raising 5-Year-Olds



Baby not sleeping?



Baby not sleeping?

You're not alone. Whether your little one wakes up every hour, fights naps, or only sleeps when held, this guide is here to help. These gentle, effective tips are based on expert advice from Parenting Genie's team of child health nurses and sleep specialists. Start making sleep feel possible again – for both of you.

Common Baby Sleep Challenges (and What to Try):



Waking Up Too Often

- **Check:** Are they hungry? Try a full feed before bed.
- **Try:** White noise machine to soothe disruptions
- **Tip:** Keep the room dark and avoid interaction during night wakes





Fighting Daytime Naps

- **Check:** Is baby overstimulated before nap time? Too much activity or light can make it harder to settle.
- **Try:** Introduce a calm, consistent pre-nap routine — dim lights, gentle rocking, and a soft lullaby.
- **Tip:** Track nap timing. Over- or under-tiredness can both lead to nap resistance. Use a simple log or tracker to notice patterns.

Only Sleeps When Held



Only Sleeps When Held

- **Try:** Gradually transition them to their sleep space with patting or shushing
- **Use:** A worn item of your clothing near their bed (for scent comfort)



Short Catnaps



Short Catnaps

- **Check:** Is baby waking after 30–45 minutes, unable to connect sleep cycles?
- **Try:** Use white noise and keep the room dim to help them settle into a longer stretch.
- **Tip:** Pause before going in – some babies stir lightly between cycles but don't fully wake.



Bedtime Battles



Bedtime Battles

- **Start:** A calm, predictable bedtime routine (bath, feed, cuddle, sleep)
- **Avoid:** Screens and overstimulation at least an hour before bed



Gentle Sleep Tools That Can Help



Gentle Sleep Tools That Can Help:

- zZ White Noise Machine ([like Parenting Genie's](#))
- 🍼 Feeding and Sleep Tracker
- 🇬🇧 [Genie Chat 24/7](#) – Ask about wake windows, routines, regressions
- 😴 [Sleep Training 101 Course](#) (gentle, flexible approach)

When to Ask for More Help



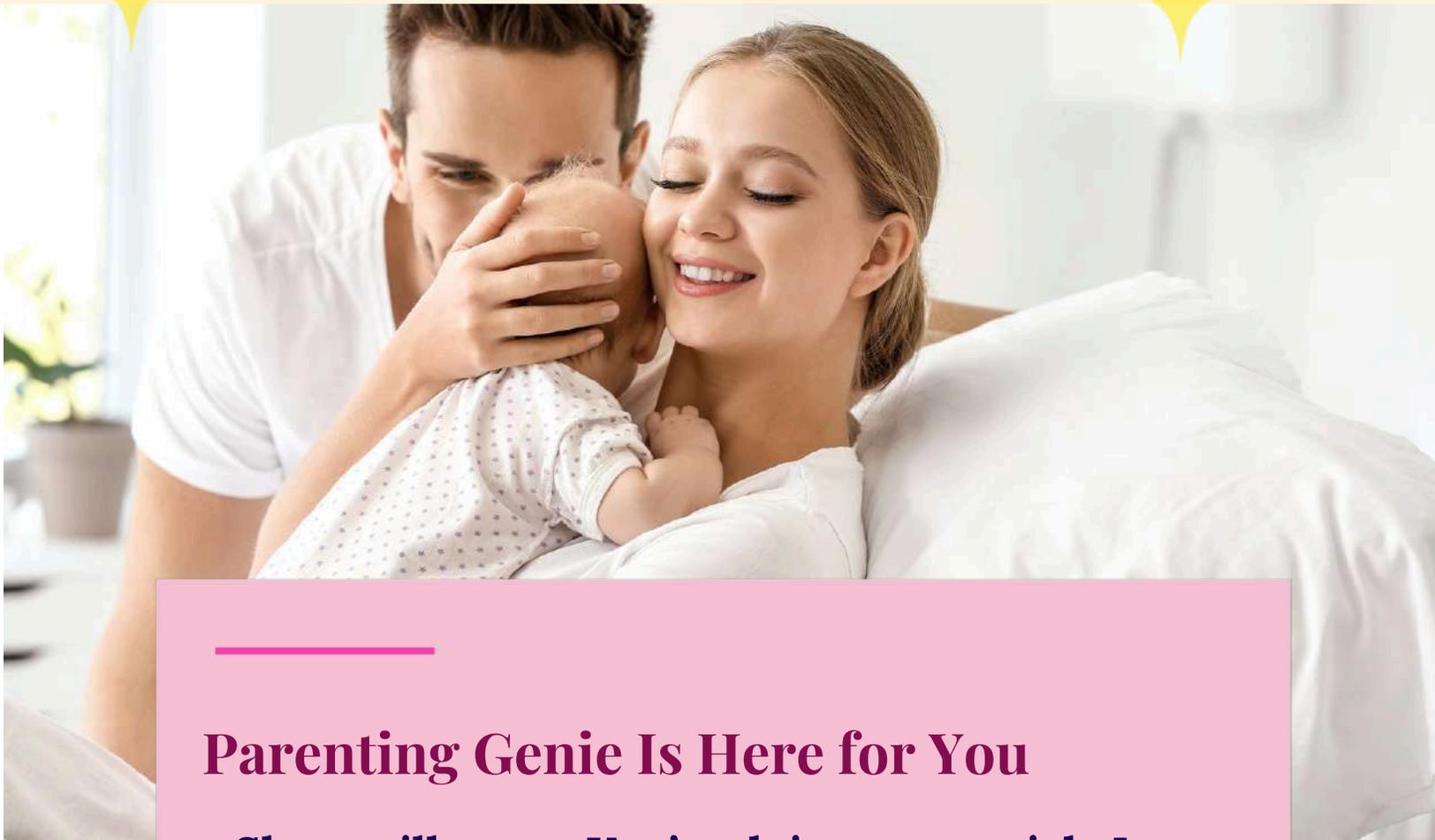
When to Ask for More Help

If your baby's sleep struggles are persistent or causing stress, you're not failing – you're just ready for support. Book a personalised consultation with one of our Child Health Nurses or Sleep Specialists today.

[Book a Sleep Consult Now](#)

[Try Genie Chat 24/7 for Instant Answers](#)

Parenting Genie Is Here for You



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Sleep will come. You're doing a great job. Let us walk this journey with you.

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 [Genie Chat](#) |  [Parenting Genie Tools](#) |  [Sleep Training Course](#)

