



Guide to Newborn Sleep

Surviving the Fourth Trimester



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*IMPORTANT NOTE: This is a guide only. If you have any concerns, would like further support and guidance or a more individualised plan, Carmel offers add-on phone consults (see p.2 for contact info). This is not intended as a medical resource, for any medical concerns or queries, please see your GP, Maternal Child Health Nurse or Paediatrician. Always follow Red Nose Guidelines.

CONGRATULATIONS

Being a new parent is the most amazing feeling!



I am here to help you and your beautiful new family get to know each other, your new rhythm and routine and most importantly, get the rest you all deserve.

My name is Carmel from Calm Babies and I'm a qualified Mothercraft Nurse and Sleep Consultant, with over 30 years of industry experience. I have had the pleasure of working with thousands of new parents in both hospitals and in their own homes, and have seen firsthand the emotional and physical struggles new parents face when bringing home their new baby for the first time.

Sadly, most pregnancy and birth education ends once you leave the hospital - all of the focus is on pregnancy and labour, but what is equally important to know is, what are you meant to do once you bring your baby home? While we can create a loose "routine" for your newborn, it's important to remember that all babies are different, just as each of our parenting styles is different.

We know that you cannot "sleep train" a newborn, but we can follow a few simple steps in their awake time that will help them to fall asleep and stay asleep. This way, your baby will be happy in their feed and awake time and more settled in their sleep time. It is not often explained to new parents that babies have a few basic needs that need to be met, to avoid ending up with a baby that is feeling cranky, overtired and begins to experience the dreaded "witching hour" each evening.

As well as having to learn how to care for your baby, it is also vital that we create space and opportunity for you to care for yourself. The adjustment to parenting can be incredibly overwhelming and the tiredness that you are currently experiencing while your body resets is exhausting. While working in a Special Care Nursery for fourteen years, it became clear to me that parents needed extra support to help them care for their babies once they got home, not just whilst in hospital.

This is why I started helping new parents in their own homes, so they can enjoy their parenting journey. With individualised support for you and your family, we can ensure that we are creating a happy, settled home environment just right for the needs of your special little one.

I am so excited to be working together to help you thrive as a new parent and enjoy your new family!

"A baby makes love stronger, the days shorter, the nights longer, savings smaller, and a home happier."



Spanning over 30 years of experience within the nursing industry, I myself am a proud mother to Chloe and a blessed stepmother. Sporting an enthusiastic passion for helping families pave their way in navigating newborn days and beyond; ensuring each family receives the restorative sleep they rightfully deserve whilst instilling confidence in all parenting styles.

At Calm Babies, I am dedicated to providing support and empowering families to establish healthy sleeping habits.

Whether you're a new parent struggling with sleep or breastfeeding issues, or an experienced parent seeking new solutions, I am here to help you and your family get the rest you need.



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FEED, PLAY, SLEEP

Setting up solid foundations for your baby

Feed-play-sleep is the most common routine style that is recommended for babies from their early newborn days. While timings, feeding amounts, and what you do for “play” will change and adapt as your baby grows, the order of the routine will stay the same and become familiar to your baby.

By following this guide, we will begin to establish a feed-play-sleep routine for your little one to help set you all up for a happy and settled beginning.

You will find sample routines that you can start to follow, towards the end of this guide (see [p.26-31](#)).

A feed-play-sleep routine can have several benefits for babies, including:

Better Sleep

When a baby is fed and then engaged in playtime or other activities, they are more likely to stay awake and active, which can help them to sleep more soundly and for longer periods of time. A consistent routine can also help regulate their internal clock, making it easier for them to fall asleep and stay asleep.

Improved Digestion

When a baby is allowed to play and be active after a feeding, it can help their digestive system work more efficiently. This can reduce issues with reflux, colic, and other digestive problems.

Developmental Benefits

Playtime is an important part of a baby’s development, and a feed- play-sleep routine can help ensure that they are getting enough time for this important activity. This can help with cognitive, social, and physical development.

Predictability and Stability

A routine can provide a sense of predictability and stability for babies, which can help them feel more secure and calm. This can be especially important for babies who are prone to fussiness.

Parental Benefits

A feed-play-sleep routine can also be beneficial for parents as it can provide a sense of structure and predictability to their day. It can also make it easier to plan outings or appointments around the baby’s schedule.

GROW, BABY, GROW!

Newborns and growth spurts



Babies do A LOT of growing in the first 12 weeks of their life! In particular, babies will experience growth spurts at approximately the 3, 6, 8 and 12 week marks.

Here are some signs to look for that may signal that your baby is experiencing a growth spurt:

Increased Hunger

You may find that your baby will want to eat non-stop, often every hour or two! It is common at this stage for your baby to act as if they are hungry but then appear sleepy on the breast or bottle. For breastfed babies, this is how your baby naturally increases your milk supply. For bottlefed babies, this is the time to begin to increase the amount you are offering at each feed.

More frequent night wakings

You may notice that your baby begins to cry out for you a lot more at night, wanting a feed or looking for the comfort of a cuddle. Try to be as consistent as possible to help your baby navigate this unsettled period. Making sure they are swaddled, warm and having full feeds overnight will help them get through this time.

Increased Fussiness

During growth spurts babies are typically quite fussy. One minute they are crying out for milk and the next they are falling asleep when you are trying to feed them. Remember, this time will pass!

How long do growth spurts last?

Although it is a mentally and physically exhausting time and feels like forever, most growth spurts only last a few days. Hang in there!

How do I get through a growth spurt?

Remember - this time will pass! Try to make sure you are doing full feeds to fill your baby up at their feed times. This will help them feel full and sleep better. During this time, lots of extra cuddles are a big help. Keeping as consistent as possible with your feed-play-sleep routine will help your baby feel settled and to move through the growth spurt and back into their usual day-to-day patterns more easily too.

Once the growth spurt is over, try to get back on track with stretching your baby's feeds out back to their usual timings, to help prevent 'snack feeding' from becoming their new norm. Entering into a snack feeding pattern will interfere with your baby's ability to fall asleep happily and stay asleep as they will become unsettled.

It's important to remember that every baby is unique and not all babies will exhibit these signs during their growth spurts. If you have concerns about your baby's growth or development I encourage you to consult with a healthcare professional.

Identifying growth spurts

While all babies do experience growth spurts in their own unique way, we commonly see the following developmental characteristics and milestones during each growth spurt:

6 weeks

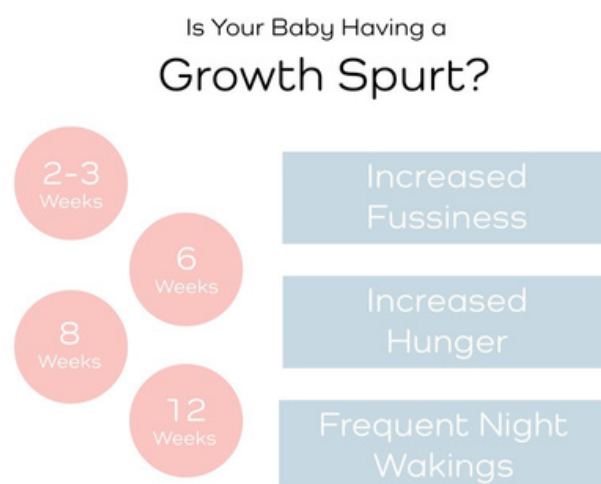
The peak of witching hour fussiness usually happens between six to eight weeks. Your baby will soon start to make eye contact with you as their vision is improving. Your interactions will become even more special as your baby begins to smile and 'coo' and 'talk' to you.

8 weeks

At the eight week mark, you will notice your baby begins to have increased head and neck control. Although it is important that you still help them support themselves, you will see that they are gaining strength every day. As part of this increased strength and thanks to all your tummy time practice, you will notice your baby begins to try and push up off the floor while laying on their stomachs, almost like a mini-push up! At this age, some babies can raise their heads and chests off the ground by supporting themselves on their forearms, others won't do this until they are closer to four months old. This is all normal and your baby will develop in their own perfect timing. At this age your baby will be able to recognise your voice and will be happiest listening to you talk and sing to them and they will begin to turn their head to look at you when they hear your voice.

12 weeks

By twelve weeks your baby is developing greater hand control and increased hand-eye coordination and will begin to reach out to try and grab their toys (or your face!) Your baby will also start to become more aware of familiar people and even objects that they are around frequently. And a relief to many parents, is at twelve weeks the exhausting witching hour period starts to come to an end and your baby will become more settled from this point onwards. This is the perfect time to start to find your own unique routine with your baby and some consistency in your day-to-day.



WAKE WINDOWS

Knowing when it is time for your baby to go to bed

Put simply, a “wake window” is the time your baby is awake between naps. In the newborn weeks, this time is very short, however these wake windows begin to gradually extend as your baby grows and the amount of naps they need starts to decrease.

- Newborn - 6 weeks: 40min to 1hour wake window
- 6 weeks - 12 weeks: 1 hour - 1 hour 15min wake window

As a newborn’s wake window is very short, there often isn’t time to do much apart from feed, burp, nappy change and cuddle your baby - which is perfect! This begins to set your baby up for the feed-play-sleep routine that I recommend.

During these wake windows, even though they may be short, “sleep pressure” will begin to build for your baby and they will become tired and ready to take another nap. Sleep pressure refers to the accumulation of tiredness or sleepiness that builds up in our bodies over time. In the context of babies, sleep pressure indicates the need for sleep based on their internal clock and the length of time they have been awake.

When a baby is awake for a certain period, sleep pressure gradually increases, signalling the need for sleep. Understanding and responding to a baby’s sleep pressure can help establish a healthy sleep routine and ensure they get adequate rest.



But what if my baby stays awake longer than the recommended wake window?

When a baby stays awake longer than their age appropriate wake window, they can become overtired which has the opposite result to what we want, and can make them wide awake and more difficult to settle as the day goes on?

If you find yourself in this situation (and yes, it does happen and no, you haven’t done anything wrong), perhaps you have had visitors stay past their welcome or your baby refused to fall asleep in the car or pram while out and about, you can tweak your settling method to help them calm down as they will likely be more unsettled than usual.

To calm your overtired baby,
follow the below steps:

[Click here to watch:](#)
Soothing your unsettled baby



1. Take baby to a dark, quiet room where stimulation is low
2. Turn on the white noise you regularly use, to help indicate that it is time to wind down.
3. Swaddle your baby using your chosen method to help stop their startle reflex which is often more prominent when overtired.
4. If they take a dummy, offer this to your baby, or if they are due to feed around this time, offer a milk feed.
5. Hold your baby upright, close to your chest or cradle them in your arms
6. Softly make shhh-shhh-shhh noises.
7. Use motion - either walk around the room slowly or sway side to side.

The most important thing here is to stay calm. It is very easy (and natural) to feel anxious if you feel as if your day has gotten off course or the baby crying is upsetting to you. By keeping yourself calm and taking deep breaths, your energy will help calm your baby also. If a baby is quite overtired or upset, it can take over 10 minutes of the above method to calm them down. Stay calm and consistent and know that they will settle eventually.

Once they are calm and relaxed you may want to turn this nap into a contact nap while holding or try to put them down drowsy/calm or fully asleep into their cot or bassinet.

Calculating and tracking your baby's wake window and anticipated next nap time doesn't need to be stressful or have you frantically entering data into phone apps. Once your baby wakes from a nap, simply take note of what time it will be in 40 minutes (for a 1 week old baby) to 1 hour (for an 8 week old baby) and make a mental note to aim to have the baby back down for their next nap at this time. The wake window begins once the baby wakes up and is taken out of their bassinet, not after a feed.

While I do recommend keeping an eye on the time, it is just as important to keep an eye on your baby and watch for their tired signs, which will become easier for you to recognise as you get to know your baby more and more over the next few months. Universal tired signs that we commonly see in newborn babies include red eyebrows, clenching their fists, jerky movements, hiccups, chatting, crying, staring into space, yawning, rubbing their eyes or pulling their ears.

[Click here to watch:](#)
Recognising newborn tired signs

As your baby grows, their unique tired signs will become easier for you to spot, and tracking their wake windows will become more and more instinctual and part of your every day routine.

FEED

Keeping your baby's belly full and satisfied

Important note: the below advice is based on a baby with no known health or weight gain issues, who has not received special feeding instructions from their doctor.



There is no right or wrong way to feed your baby. All babies and parents are different, and whichever feeding style works best for you, is best.

There are three main types of feeding: breastfeeding directly from the mother's breast, bottle feeding (either expressed breast milk or formula) and mixed feeding (when a baby is breastfed, but is also fed via bottle with expressed breast milk or formula).

[Click here to watch:](#)

[Bottle feeding basics](#)

[Click here to watch:](#)

[How to warm breast milk](#)

From my experience, I have learnt that bottle feeding is an invaluable skill for a baby to have; whether it be with expressed breast milk or formula. If bottle feeding is something you would like to incorporate as part of your baby's daily routine, I highly recommend that you practice bottle feeding once a day to ensure this skill is not lost as your baby grows.

Bottle feeding is also a beautiful way for your partner to bond with the baby. A bottle feed can also be a part of the routine in the late evening which would allow you to go to bed early while your partner does a "dream feed". This will allow you to rest and recover in the evening, helping you get a longer stretch of sleep. For breastfeeding mums you will need to express before you go to bed. This will make sure you don't affect your supply or wake up engorged.

[Click here to watch:](#)

[How to sterilise & store baby bottles](#)

[Click here to watch:](#)

[How to prepare baby formula](#)

It can take time to learn how often your baby should be feeding. Newborns will typically need 7-8 feeds in a 24-hour period and once your milk is established (if breastfeeding). I recommend that you introduce a three-hourly feeding schedule during the day, and four-hourly overnight.

Once your milk is in it's important to try and stretch your feeds out to three hourly. If your baby feeds under three hourly, this is called snacking. If a baby is constantly snack-feeding, they are often unsettled as they are never hungry, but never fully satisfied either.

To follow the feed-play-sleep routine, you should offer your baby a breastfeed or bottle feed once they wake from their nap and before you begin the "play" stage of their wake window. In the first four to eight weeks, your baby will still be very sleepy, especially when feeding.

It is important to monitor their feeding to make sure they are consuming milk (listen for the suck-swallow) and not just falling back to sleep.



How do I know if my baby has had enough to eat?

It can be hard to tell if your baby is fully satisfied from a feed, as their needs and hunger levels will vary during the day. This is also often a concern for exclusively breastfeeding mothers who cannot tell the volume of milk that the baby has consumed. Instead of using a strict rule of how many ml your baby is drinking, it is better to look for cues in their behaviour that they are satisfied and the feed is complete. These cues include:

1. Satisfied body language: Your baby may relax their body or stop squirming and fussing after a feed.
2. Content facial expressions: A satisfied baby might have a peaceful or contented look on their face, with relaxed facial muscles, sometimes referred to as "milk drunk".
3. Decreased interest in sucking: After feeding strongly if your baby is bottle-fed, they may show less interest in the bottle or nipple, and their sucking may slow down or stop naturally. Breastfed babies may release the breast on their own or appear less eager to continue feeding.
4. Wet nappies: A well-fed baby typically produces an adequate number of wet nappies throughout the day. This is a positive sign that they are getting enough nourishment.

Signs that your baby may still be hungry:

1. Rooting reflex: When you touch your baby's cheek, they may turn their head towards your hand and make sucking motions. This is known as the rooting reflex, and it indicates that they are seeking nourishment.
2. Sucking on hands or objects: If your newborn is sucking on their hands, fingers, or objects around them, it can be a sign of hunger. This behaviour mimics the sucking motion during feeding.
3. Increased alertness: When babies become hungry, they may exhibit increased alertness or wakefulness. They may become more active and show signs of restlessness.

Burping

Burping your baby regularly throughout a feed will help avoid gas build up in your baby's tummy, which can lead to uncomfortable and sometimes painful wind for them later in the day. It is very normal for your baby to posset (or "spit up") a small amount of milk during burping.

[Click here to watch: How to burp your baby](#)

OVER THE SHOULDER	SITTING UPRIGHT
<ul style="list-style-type: none"> • Place a cloth over your shoulder (to protect your clothes from any milk!) • Hold your baby upright against your body while supporting baby's head with your hand • Baby's tummy should be against your shoulder - the gentle pressure will help release gas • Gently rub and pat your baby's back to help encourage a burp 	<ul style="list-style-type: none"> • Sit your baby on your lap with your hand underneath their chin, while supporting their neck • Lean baby forward slightly • Gently rub and pat your baby's back to help encourage a burp

If you are finding it difficult to help your baby release a burp, you can lay them on their back for a minute and then put them back into one of the above positions. This pick-up/put-down method will help to move and release any trapped air pockets.

SHOULD I GIVE MY BABY A DUMMY?



There is no right or wrong answer to this, as every baby is different and so are their preferences.

Some babies have a strong need to suck and a dummy can help them feel settled in between feeds. Remember, it's essential to practice safe dummy usage by choosing an appropriate size, keeping it clean, and avoiding attaching it to cords or strings that can pose a choking hazard.

If you choose to use a dummy for your baby, I recommend using a "cherry" shaped dummy (pictured) as this is as close to possible as the shape of a mother's nipple and will help encourage the same long, deep sucking motion that babies do while breastfeeding. My recommended brand of dummy is the CMC Gold brand as it has the preferred cherry shape and a nice light base. Other dummy shapes that only encourage a short, shallow suck can cause nipple confusion in babies when they are first establishing breastfeeding.



Use my affiliate code for 10% off: CALMBABIES10

Using a dummy for a newborn can offer several benefits:

1. Soothing and calming: Babies have a natural instinct to suck and a dummy can provide them with a soothing and calming tool. It can help them self-soothe, particularly during periods of discomfort, fussiness, or when trying to fall asleep.
2. Pain relief: Sucking on a dummy can help alleviate minor aches and pains, such as tummy aches, colic and reflux, for newborns. The rhythmic sucking motion can provide a distraction and offer temporary relief.
3. Sleep aid: Some babies find it easier to fall asleep with a dummy. The sucking action can help them relax and transition into a sleep state. It may also help them settle back to sleep if they wake up after a sleep cycle or overnight when they are not due for a feed.
4. Reducing the risk of Sudden Infant Death Syndrome (SIDS): Research suggests that using a dummy while sleeping can help reduce the risk of SIDS.

PLAY!

Enjoying quality time with your baby

The 'play' element of your feed-play-sleep routine is incredibly important for your baby's development and wellbeing. Playing is how your baby begins to learn about the world, how to communicate and helps them to build strength and develop both fine and gross motor skills.

It can be easy to overthink it, although there is no need to. Play is everything that you do with your baby outside of feeding and sleeping. Burping your baby, talking to them, moving their arms and legs during nappy changes, and narrating the course of your day to them (e.g. "mummy is changing your nappy, let's put on your pants now!") all count towards play.

Because in these early newborn weeks feeding takes up such a large portion of their wake window, the play time for your baby is quite short and keeping things simple is best. Some ideas for easy play activities include:

- Taking your baby on a 'house tour' of new rooms with new things to look at
- Showing your baby photos of loved ones
- Placing high-contrast pictures in front of your baby to look at
- Singing songs and nursery rhymes that involve touching, such as 'round and round the garden'
- Chatting to your baby as you talk them through what you are doing
- Tickling, counting their fingers and toes and blowing raspberries on their tummy



Tummy Time

Tummy time is an essential element to fit into your baby's awake time and is crucial for newborns as it helps their overall development. Tummy time helps strengthen their neck, shoulder and back muscles which promotes better head control and helps prevent flat spots on their head.

Tummy time also aids in the development of motor skills and encourages babies to explore their surroundings, leading to cognitive and sensory development. Additionally, it can help reduce the risk of Sudden Infant Death Syndrome (Red Nose) when practiced during supervised awake periods.



How do I do tummy time with my newborn?

Follow these simple steps:

1. Choose a safe and comfortable area: Find a flat and soft surface, such as a blanket or play mat, to place your baby on. Make sure it's on the floor and free from any hazards.
2. Pick the right time: Aim for short sessions of tummy time after your baby's nap or nappy changes when they are awake and alert. Start with a minute and gradually increase the time as they get used to it.
3. Positioning: Lay your baby on their tummy, supporting their chest and arms with their elbows bent, so their weight is on their forearms. This helps them lift their head and look around.
4. Encourage engagement: Get down at eye level with your baby and talk, sing, or make faces to keep them engaged during tummy time.
5. Use toys: Place colourful, age-appropriate toys within their reach to encourage them to lift their head and reach for them.
6. Be supportive: If your baby gets fussy or tired during tummy time, try to comfort and encourage them, but if they become too upset, it's okay to try again later.

The key is to make tummy time enjoyable and a regular part of your baby's daily routine.

There are many ways to do tummy time! Here are some of my favourites:

1. Place your baby on your chest while laying down or reclining, allowing them to lift their head and look at you.
2. Lay your baby on a soft, flat surface like a play mat or blanket, and engage them with toys or colourful objects to encourage reaching and lifting their head.
3. Place your baby on a firm, safe surface, such as the floor or a playpen, with supervision, to allow them to explore and strengthen their neck and upper body muscles.
4. Hold your baby securely on your lap while sitting, supporting their head and allowing them to practice lifting their head.
5. Use a nursing pillow or rolled-up towel to prop your baby up on their tummy, providing support as they practice lifting their head and chest.

How long should we do tummy time for?

It's generally recommended to start with short sessions of 1-2 minutes, two to three times a day, gradually increasing the duration as your baby grows. By three months old, aim for a total of 20-30 minutes of tummy time each day, in shorter intervals throughout the day.



SLEEP

Creating a safe and sound environment for your baby's sleep

You will often hear sleep consultants talk about “sleep hygiene”. Sleep hygiene refers to the process, routines and environments we set up to help encourage the best sleep for babies. Following the feed-play-sleep routine is a part of this sleep hygiene process. When your baby has a full tummy, has built enough sleep pressure, is comfortably swaddled and then put down to sleep drowsy but awake, we are setting them up for the best chance of a restful and restorative sleep.

What is newborn sleep?

Newborns have irregular sleep patterns and shorter sleep cycles compared to older children and adults. On average, a newborn's sleep cycle lasts around 45 to 60 minutes. During this time, they transition through different stages of sleep, including light sleep, deep sleep, and REM sleep, which is associated with dreaming. Newborns tend to spend a significant amount of time in REM sleep, which is believed to be essential for their brain development.

During “active” sleep (REM), their brains are more active, and their eyes may move rapidly behind closed eyelids. REM sleep is associated with dreaming and plays a crucial role in brain development. In contrast, during deep sleep (NREM), babies are in a state of quiet, restful sleep. Both deep sleep and active sleep are important for the overall sleep and development of babies.

Is my baby awake or asleep?

When we talk about active sleep, sometimes we really mean ACTIVE! It's very normal for babies to roll, cry out, grunt, spin around, babble and wave their arms during the active sleep stage. Often parents can easily mistake these signs as the baby being awake, and rush in to pick them up which can sometimes wake the baby. I recommend that if you begin hearing these noises in the night, wait a minute or two before picking your baby up.

We are not letting the baby cry alone in the cot, but if your baby is grunting or moving or blowing raspberries, they are not upset and are just being babies! Think about it this way - as adults, we sometimes snore, talk in our sleep and move around in bed too, and would get a rude shock if someone came and picked us up while we were doing so. Observe your baby for a minute to two, in many cases they will resettle themselves back into deep sleep as the sleep cycle ticks over.

Are my baby's days and nights mixed up?

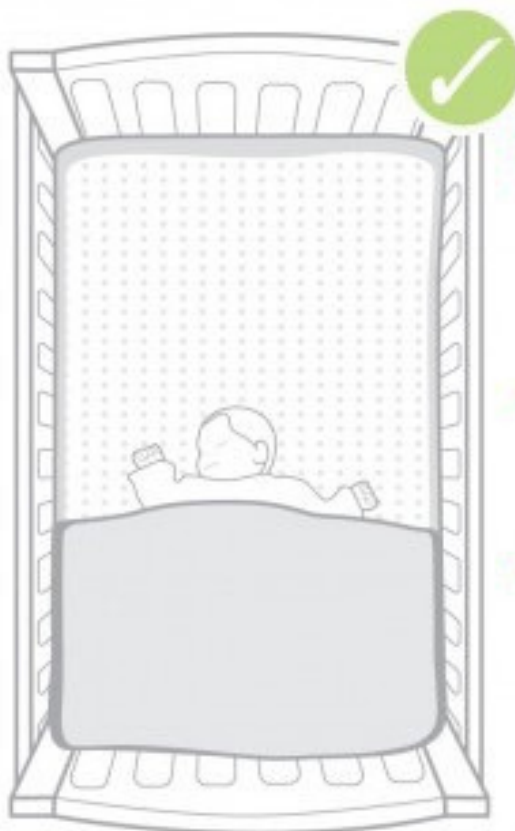
It's common to hear parents exclaim that their baby has their days and nights "mixed up" when they are describing that their baby seems to sleep all day and be awake and ready to party at night!

When this happens (which it does to most babies), it is because your baby's body clock (or circadian rhythm) is not yet established. We see this begin to kick in at around 2-3 months of age, however there are a few easy things you can do to encourage their body clock and aim for their best stretch of sleep to be overnight rather than during the day.

- For the first three weeks, have your baby sleep in lots of natural light during the day.
- Regularly spend time outside with your baby so that they are (safely) exposed to daylight at the right time
- Wake your baby from their naps to feed every three hours and stick to the feed-play-sleep method
- When it is time for your baby's night feed, feed them in a dimly lit room and keep the feed calm and quiet, so that they know playtime is over for the day
- Begin to follow a predictable bedtime routine every evening to signal to your baby that it is time for bed

Safe Sleeping Environment

The below instructions from Red Nose Australia outline how to ensure your baby is sleeping in a safe and approved environment:



- **Safe cot**
[should meet current Australian Standard AS2172]
- **Safe mattress**
firm, clean, flat, right size for cot
- **Safe bedding**
soft surfaces and bulky bedding increase the risk of sudden infant death

Unsafe settings for baby's sleep-time include leaving baby unattended on an adult bed or bunk bed, placing baby on a waterbed, beanbag, couch, pillow or cushion, or with a sleeping adult or child on a couch, sofa or chair.

Keep baby's cot away from hanging cords such as blinds, curtains, or electrical appliances as they could get caught around baby's neck. Keep heaters or any electrical appliances well away from the cot to avoid the risk of overheating, burns and electrocution. Never use electric blankets, hot water bottles or wheat bags for babies.



How To Settle Your Baby - Bassinet and Cot

Always put your baby down in their cot or bassinet on their back.

Always follow Red Nose Australia's Safe Sleep recommendations. It is only safe for your baby to sleep on their tummy or side once they can confidently roll from back to front, and front to back.

After your baby has had a feed and a play, look for tired signs. Remember your newborn can only stay awake for 45 minutes to 1 hour. Your baby should be awake when you put them down to sleep. Swaddle your baby and place them in their cot on their back, (you can also tuck them in under a blanket for extra security) this helps mimic the feeling they had in the womb (using the Red Nose recommended technique).

[Click here to watch:
Settling your baby in their bassinet](#)

STEP 1: Prepare your baby for sleep

- Wrap your baby and place them in the cot on their back, whilst saying "time for sleep."

If your baby is settled and calm you can leave the room quietly.

- Wait and listen for intensity of cry or distress. I do not recommend to ever leave a newborn to cry on their own.
- Assess your baby's cry:
 - If your baby is "grizzling" you can remain outside their room for up to 10 minutes during the day and night
 - If your baby is "fully crying", enter the room

STEP 2: My recommended hands-on, supportive settling techniques:

Note: it is important to use only one settling technique.

If your baby has a dummy you can give it to them to help them soothe themselves.

- Place one hand on your baby's chest, and with the other hand cupped, pat on top of your baby's nappy in a rhythmic motion. If your baby is crying you could use some gentle "shh-shh-shh" sounds (this sound mimics the sound your baby would have heard whilst in the womb). Stop the "shh-shh-shh" sound when your baby stops crying.

[Click here to watch:](#)
Calm Babies patting method

OR

- Place your hand on your baby's chest and do some gentle rocking and "shh shh-shh" sound if crying.

[Click here to watch:](#)
Calm Babies rocking method



STEP 3: If baby is not responding

- If your baby is not responding to the above, you might need to pick them up for a short time until they calm down. When calm, place your baby down in the cot and start again.
- If your baby responds to your settling, stay in the room for up to 10 minutes, or until they are calm for a few minutes, then leave the room. Repeat steps 1 and 2 until your baby has been in the cot for 2 hours during the day.
- After 2 hours, this is when they will be due to feed again. Overnight; keep trying until they fall asleep or are due for a feed again.

Room Temperature

Room temperature is important, especially in the winter. It's best if you are able to maintain a steady temperature in your baby's room throughout the day and night. Between 18 and 20 degrees celsius is the recommended temperature range.

It's a good idea to invest in a room thermometer so that it is easy to tell if the room is a comfortable temperature for your baby. These days, most baby monitors have built-in thermometers, however these are often incorrect by about 2 degrees celsius in either direction.



We know that approximately 4am is the coldest part of the night and can often be the reason behind early morning wakings.

So, I suggest that you are checking the room temperature when you are up for feeds overnight to ensure it remains comfortable. During the hottest summer months it can be helpful to have cooling or fans on to make sure the room is not stifling hot .

It's important to check on your baby regularly to ensure they are comfortable and not too hot or cold. You can do this by gently touching their face, neck and chest to feel for their skin temperature - we don't want the baby to be cold to touch, or hot and sweaty.

Why do I recommend a white noise machine?

White noise, such as the sound of a fan or a gentle static sound, can help settle a baby for several reasons. Firstly, it can provide a consistent and soothing background noise that mimics the sounds they heard in the womb. This familiarity can have a calming effect on babies, making them feel more secure and relaxed.

Secondly, white noise can help mask other noises within the environment that might startle or disturb a baby's sleep. Sudden sounds can disrupt their sleep and make them more alert, whereas white noise creates a consistent sound barrier that buffers against such disturbances.

Lastly, white noise can help create a sleep association for babies. By using white noise consistently during their sleep routines, babies can associate the sound with bedtime, signalling their bodies and minds to relax and prepare for sleep.

It's important to note that every baby is different, and while white noise works well for many infants, it may not have the same effect on all babies. As with any sleep routine, it is essential to observe and respond to your baby's individual needs and preferences.



BEDTIME ROUTINE

I recommend that you begin to implement a simple but predictable bedtime routine from the first night you are home from the hospital.



While the timings of this bedtime routine will change as your baby grows, the basics will not, and this familiar routine will help signal to your newborn (then infant, then toddler) that it is time to go to sleep for the night.

It's best to begin this routine in the evening around 6-7pm. This will help your baby through the dreaded "witching hours". The witching hour(s) is a time when an otherwise content baby has an extremely fussy period, often occurring daily between 5:00 and 11:00 pm.

Calming methods that work during other parts of the day don't seem to help as much during this time. We typically see this fussiness beginning around 2-3 weeks, peaking at 6 weeks, and resolving by 3-4 months.

I like to do a feed-bath-feed routine. I recommend that this routine takes no longer than one hour in the evening to avoid your baby becoming overtired and finding it hard to settle to sleep. The below routine is my recommended method, where we can split the feeding around bathtime. As your baby grows, this pre-bath feed will become their solids/dinner feed and they will continue to have their milk feed before bed.

For breastfed babies, feed one side before giving your baby their bath, then the other side after their bath. I recommend splitting up the feeding especially for a breastfed baby as breastfeeding takes up a lot of energy for your little one, and the bath will relax them and make them tired which may affect their ability to feed well post-bath.

For bottle-fed babies, as this takes up less energy, it is okay to do a full feed post-bath. Bottle feeding gives you the benefit of being able to see the exact quantity of milk your baby has consumed, so you will be able to determine if they have had enough to eat before bed.

A note about fussiness and crying: if you have any concerns about your baby's health (like physical discomfort, weight gain, or reflux), be sure to talk to your baby's doctor or other healthcare professional.

The newborn bedtime routine I recommend is:



FEED

As above, based on whether your baby is breastfed or bottle fed.



BATH

I recommend a warm (38 degrees) bath as a lovely wind-down at the end of the day for your baby.



FEED

As above, based on whether your baby is breastfed or bottle fed.



BURP

Use your preferred burping method to help alleviate any trapped gas in your baby's tummy that may become uncomfortable over- night



SWADDLE

Swaddle your baby firmly but comfortably with their arms by their side.



BED

Place your baby in their cot or bassinet, tuck them in tight under a thin sheet or blanket and give them a kiss goodnight!



BATHTIME

Bathing a newborn can be a gentle and soothing experience and a beautiful way for parents to bond with their baby.

[Click here to watch: *How to bathe your baby*](#)

Here's my step-by-step guide to help you set up for and bathe your newborn:



1. **Gather supplies:** Before starting the bath, gather all the necessary supplies such as a baby bathtub, clean wash- cloths, cotton balls, mild baby soap/shampoo, a soft towel, clean clothes, and a nappy.
2. **Choose a safe bathing area:** Find a warm and comfortable spot to bathe your baby. It could be a sink, baby bath, or a designated infant tub. Make sure the area is clean and free from draughts.
3. **Prepare the bathwater:** Fill the basin or baby tub with warm water. Make sure it's deep enough so your baby can float and keep warm. Test the water temperature with your wrist or a bath thermometer to ensure it's comfortably warm but not hot (38°C).
4. **Undress your baby:** Gently undress your newborn, keeping them wrapped in a towel to maintain warmth. Take off their nappy just before putting them in. (This will help avoid any accidents).
5. **Support your baby's head:** With one hand, cradle your baby's head and neck, providing full support while you hold them in the water.
6. **Start washing:** Using a washcloth dampened with water or cotton wool balls. gently cleanse your baby's body, starting from the face and working your way down. Don't add any soap until after you wash your baby's face. Pay attention to the folds of the skin, but avoid getting soap in their eyes or mouth.
7. **Rinse carefully:** Use a clean washcloth to rinse off the soap from your baby's body, making sure to remove all traces of soap from their skin.
8. **Wash their hair:** If your baby has hair, gently wet their head using a cup or your hand. Apply a small amount of baby shampoo, lather it gently, and then rinse thoroughly.
9. **Lift and wrap:** With one hand supporting your baby's head and the other on their bottom, carefully lift them out of the water and wrap them in a warm towel, covering their body to prevent heat loss.
10. **Dry and dress:** Pat your baby dry, paying special attention to the folds of their skin. Afterward, dress your baby in a singlet and pyjamas/onesie, ready for their feed.

SWADDLING YOUR BABY

Keep baby feeling safe, secure and comfortable with the perfect swaddle technique

When babies are first born and up until approximately 4-6 months of age, they have a strong Moro reflex, also known as the “startle reflex”. Unfortunately, this completely natural and involuntary reflex also has the tendency to wake babies up while asleep. To counteract this, it is universally recommended that babies are swaddled during their newborn months or until they begin to roll back to front.

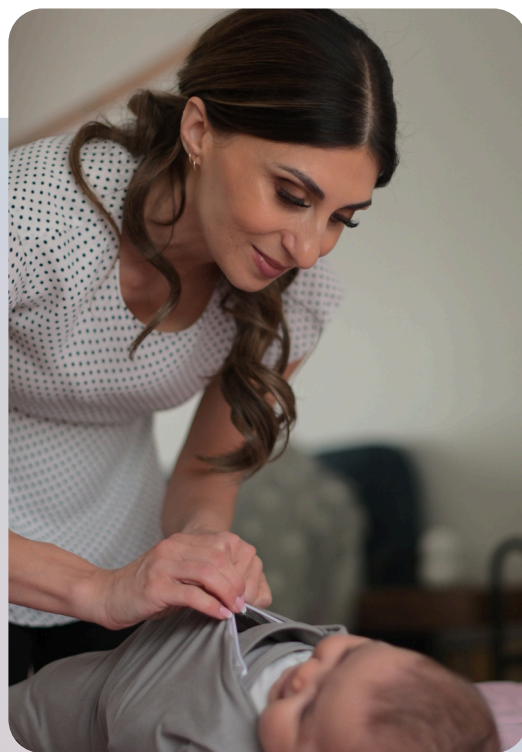
[Click here to watch:](#)

Swaddling with a muslin wrap | Method 1

Safe Sleeping Guidelines from Red Nose Australia provides the following advice in regards to swaddling your baby for sleep:

Ensure that baby is positioned on the back with the feet at the bottom of the cot, that he/she is wrapped from below the neck to avoid covering his/her face and always sleep baby with face uncovered (no doonas, pillows, cot bumpers, lambswool or soft toys in the sleeping environment).

Use only lightweight wraps such as cotton or muslin (bunny rugs and blankets are not safe alternatives as they may cause overheating). For wrapping to be effective, the wrap needs to be firm but not too tight. Techniques that use tight wrapping with legs straight and together increase the risk of abnormal hip development, while loose wraps are also hazardous as they can cover baby’s head and face.



[Click here to watch:](#)

Swaddling with a muslin wrap | Method 2



Swaddling your baby can help recreate the calm feeling of being in the womb, providing a sense of security and comfort for newborns while they sleep. Swaddling can also assist in promoting better sleep patterns for babies by restricting their involuntary startle reflex movements. The warmth and light pressure of a swaddle can be especially comforting for newborns, helping them feel more secure and settled.

What is the best way to swaddle my baby?

I recommend using either a muslin wrap/swaddle or my custom-designed Calm Swaddle. The Calm Swaddle is a hybrid swaddle-bag. And it's so easy to use! It provides the security of a swaddle with the ease of a sleeping bag. This helps your baby fall asleep and stay asleep.

The Calm Swaddle is made from breathable bamboo/cotton with elastane, a soft and comfortable material that provides warmth and comfort without overheating your baby. It also allows for some movement and breathability, ensuring that your baby is comfortable while they sleep.

There are two methods for using the Calm Swaddle with your baby, which are illustrated in the images below, and also in the linked video demonstrations:

Method 1 | *wrap around body*



Method 2 - *wrap around arms*

*IMPORTANT NOTE: This is a guide only. If you have any concerns, would like further support and guidance or a more individualised plan, Carmel offers add-on phone consults (see [p.2](#) for contact info). This is not intended as a medical resource, for any medical concerns or queries, please see your GP, Maternal Child Health Nurse or Paediatrician. Always follow Red Nose Guidelines.

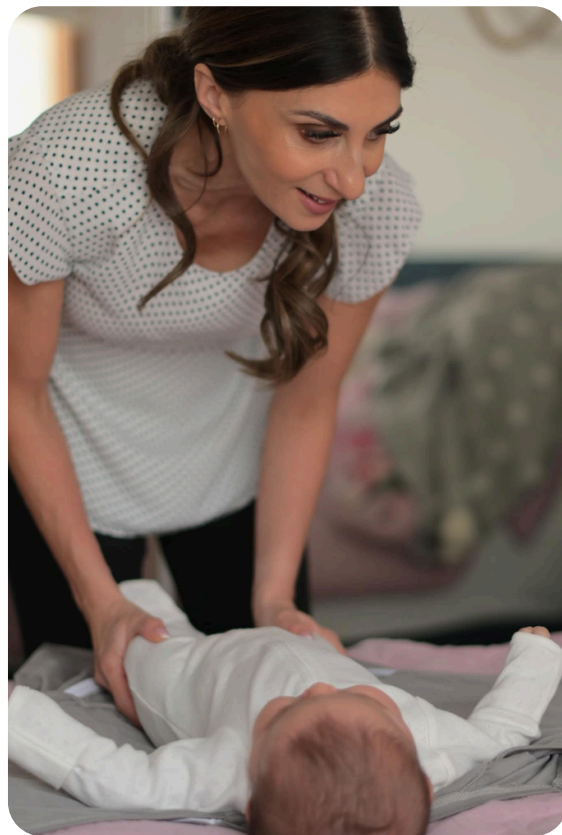
PUTTING IT ALL TOGETHER

Sample routines for you and your baby

All babies are different and at this age, your routine timings will differ each day based on how your baby has fed overnight.

Some babies will do better with a flexible 3-4 hour routine, whilst other babies will still need to feed every 3 hours overnight.

If your baby is gaining weight, they will be able to sleep longer stretches overnight. Please confirm the best plan for your baby with your doctor, paediatrician or maternal health nurse if you have any concerns.



It should be stressed though, that in the first three months especially, it is unrealistic to expect every day to look the same and follow the exact same timings as every other day. This is just a guide of steps to follow and how your routine might look on any given day depends on when you and baby wake.

So, when you wake in the morning, you can take the option of following a 3hr, 4hr or flexible 3-4hr schedule. The following are some suggested examples, noting that it is absolutely fine to start your day anywhere from 6-8am, which you simply change depending on the first feed of the day. The times listed on the following pages are samples only.

NEWBORN - 6 WEEKS OLD	6 - 12 WEEKS OLD
Wake window 45 minutes - 1 hour	Wake window 1 hour - 1 hour 15 minutes
Night time routine 40 minutes - 1 hour	Night time routine 1 hour - 1 hour 30 minutes

Night time feed, bath & bed routine

Note: Aim to have all of this done within 40 min to 1 hour (newborn-6 weeks) or 1 to 1.5hrs (6-12 weeks) so you can put your baby to bed for the night.

For breastfed babies, feed one side before giving your baby their bath, then the other side after their bath. I recommend splitting up the feeding especially for a breastfed baby as breastfeeding takes up a lot of energy for your little one, and the bath will relax them and make them tired which may affect their ability to feed well post-bath.

For bottle-fed babies, as this takes up less energy, it is okay to only do a full feed post-bath. Bottle feeding gives you the benefit of being able to see the exact quantity of milk your baby has consumed, so you will be able to determine if they have had enough to eat before bed. In saying that though, you can split the feed up if your baby looks hungry.

Another option is to feed one side, bath, and then bottle top-up. This could be great if your supply is lower in the evening and can also be a nice bonding experience for your partner and baby.

It is important that the bedtime process should be “boring” - a calm, quiet room, lights dimmed, and away from any distractions, chatting, fuss, TV etc.

Then, overnight, try to stretch the feeds out to four hours plus eg. 10:30pm and 2:30am. Remember, this is a guide only and it is also fine to feed your baby three hourly overnight if needed.



Sample routine - 3 hourly day feeds

NEWBORN - 6 WEEKS OLD

Awake time: 45 minutes - 1 hour



 	WAKE & FEED 7am	Wake baby up - Feed & Play
	SLEEP 7:45 - 8am	Sleep
	WAKE & FEED 10am	Wake baby up - Feed
	PLAY	Playtime with baby
	SLEEP 10:45 - 11am	Sleep
	WAKE & FEED 1pm	Wake baby up - Feed
	PLAY	Playtime with baby
	SLEEP 1:45 - 2pm	Sleep
	WAKE & FEED 4pm	Wake baby up - Feed
	PLAY	Playtime with baby
	SLEEP 4:45 - 5pm	Sleep (catnap 1 - 1.5hrs)
	WAKE & FEED 6 - 6:30pm	5-10 min Feed, then Bedtime routine: Small feed, deep bath, dress, finish off feed, burp swaddle, bed. Refer to page 20 for more detail on my signature bedtime routine. Aim to have all of this done within 40mins - 1hr to have your baby back in bed and ensure they don't become overtired.

Note: Establishing a routine with a newborn is not about doing the same thing at the same time every day. Instead, the routine is based around the "feed, play, sleep" cycle which occurs every three to four hours. Note that the word 'play' in this instance encompasses the nappy change, burping and chatting with baby etc. At this age, your baby should be sleeping for 2-3 hours between feeds and be averaging 5-6 sleeps in a 24 hour period.

The night feed should be made boring, for example lights should be dimmed and there should be minimal chat, fuss etc. Also there is no "play" time overnight just feed, nappy change, burp, swaddle and bed. Overnight, try to stretch your feeds out to every 3-4 hours. It's fine to start your day between 6-8am.

Sample routine - flexible 3-4 hourly day feeds

NEWBORN - 6 WEEKS OLD

Awake time: 45 minutes - 1 hour



 	WAKE & FEED 6am	Wake baby up - Feed & Play
	SLEEP 6:45 - 7am	Sleep
	WAKE & FEED 10am	Wake baby up - Feed
	PLAY	Playtime with baby
	SLEEP 10:45 - 11am	Sleep
	WAKE & FEED 1pm	Wake baby up - Feed
	PLAY	Playtime with baby
	SLEEP 1:45 - 2pm	Sleep
	WAKE & FEED 4pm	Wake baby up - Feed
	PLAY	Playtime with baby
	SLEEP 4:45 - 5pm	Short Sleep (catnap 1-1.5hrs)
	WAKE & FEED 6 - 6:30pm	5-10 min Feed, then Bedtime routine: Small feed, deep bath, dress, finish off feed, burp swaddle, bed. Refer to page 20 for more detail on my signature bedtime routine. Aim to have all of this done within 40mins - 1hr to have your baby back in bed and ensure they don't become overtired.

Note: Establishing a routine with a newborn is not about doing the same thing at the same time every day. Instead, the routine is based around the "feed, play, sleep" cycle which occurs every three to four hours. Note that the word 'play' in this instance encompasses the nappy change, burping and chatting with baby etc. At this age, your baby should be sleeping for 2-3 hours between feeds and be averaging 5-6 sleeps in a 24 hour period.

The night feed should be made boring, for example lights should be dimmed and there should be minimal chat, fuss etc. Also there is no "play" time overnight just feed, nappy change, burp, swaddle and bed. Overnight, try to stretch your feeds out to every 3-4 hours. It's fine to start your day between 6-8am.

Sample routine - 4 hourly day feeds

NEWBORN - 6 WEEKS OLD

Awake time: 45 minutes - 1 hour



	WAKE & FEED 6am	Wake baby up - Feed & Play
	SLEEP From 6:45 - 7am	Sleep
	WAKE & FEED 10am	Wake baby up - Feed
	PLAY	Playtime with baby
	SLEEP From 10:45 - 11am	Sleep
	WAKE & FEED 2pm	Wake baby up - Feed
	PLAY	Playtime with baby
	SLEEP From 2:45 - 3pm	Sleep (can be a shorter sleep)
	WAKE & FEED 5.30 - 6pm	5-10 min Feed, then Bedtime routine: Small feed, deep bath, dress, finish off feed, burp swaddle, bed. Refer to page 20 for more detail on my signature bedtime routine. Aim to have all of this done within 40mins - 1hr to have your baby back in bed and ensure they don't become overtired.

Note: Establishing a routine with a newborn is not about doing the same thing at the same time every day. Instead, the routine is based around the "feed, play, sleep" cycle which occurs every three to four hours. Note that the word 'play' in this instance encompasses the nappy change, burping and chatting with baby etc. At this age, your baby should be sleeping for 2-3 hours between feeds and be averaging 5-6 sleeps in a 24 hour period.

The night feed should be made boring, for example lights should be dimmed and there should be minimal chat, fuss etc. Also there is no "play" time overnight just feed, nappy change, burp, swaddle and bed. Overnight, try to stretch your feeds out to every 3-4 hours. It's fine to start your day between 6-8am.

Sample routine - 3 hourly day feeds

6 - 12 WEEKS OLD

Awake time: 1 - 1.5 hours



	WAKE & FEED 7am	Wake baby up - Feed & Play
	SLEEP 8 - 8.15am	Sleep
	WAKE & FEED 10am	Wake baby up - Feed
	PLAY	Playtime with baby
	SLEEP 11 - 11.15am	Sleep
	WAKE & FEED 1pm	Wake baby up - Feed
	PLAY	Playtime with baby
	SLEEP 2 - 2.15pm	Sleep
	WAKE & FEED 4pm	Wake baby up - Feed
	PLAY	Playtime with baby
	SLEEP 5 - 5.15pm	Sleep (catnap 45min-1.5hrs)
	WAKE & FEED then BEDTIME ROUTINE 6 - 6:30pm	Small feed, deep bath, dress, finish off feed, burp, swaddle, bed. Refer to page 20 for more detail on my signature bedtime routine. Aim to have all of this done within 1hr - 1hr15mins to have your baby back in bed and ensure they don't become overtired.

Note: Establishing a routine with a newborn is not about doing the same thing at the same time every day. Instead, the routine is based around the "feed, play, sleep" cycle which occurs every three or four hours. Note that the word 'play' in this instance means nappy change, burping, chatting with baby etc. At this age your baby should be sleeping for 2 - 3 hours between feeds and be averaging 5 to 6 sleeps in a 24 hour period. You might start to see a pattern forming from 8-12 weeks where you start doing the same thing at the same time each day.

Note: The night feed should be made boring, for example lights should be dimmed and there should be minimal chat, fuss etc. Also there is no "play" time overnight just feed, nappy change, burp, swaddle and bed. Overnight, try to stretch your feeds out to every 3-4 hours. It's fine to start your day between 6-8am.

Sample routine - flexible 3-4 hourly day feeds

6 - 12 WEEKS OLD

Awake time: 1 - 1.5 hours



		WAKE & FEED 6am	Wake baby up - Feed & Play
		SLEEP 7 - 7:15am	Sleep
		WAKE & FEED 10am	Wake baby up - Feed
		PLAY	Playtime with baby
		SLEEP 11 - 11:15am	Sleep
		WAKE & FEED 1pm	Wake baby up - Feed
		PLAY	Playtime with baby
		SLEEP 2 - 2:15pm	Sleep
		WAKE & FEED 4pm	Wake baby up - Feed
		PLAY	Playtime with baby
		SLEEP 5 - 5:15pm	Sleep (catnap 45min to 1.5hrs)
		WAKE & FEED then BEDTIME ROUTINE 6 - 6:30pm	Small feed, deep bath, dress, finish off feed, burp, swaddle, bed. Refer to page 20 for more detail on my signature bedtime routine. Aim to have all of this done within 1hr - 1hr15mins to have your baby back in bed and ensure they don't become overtired.

Note: Establishing a routine with a newborn is not about doing the same thing at the same time every day. Instead, the routine is based around the "feed, play, sleep" cycle which occurs every three or four hours. Note that the word 'play' in this instance means nappy change, burping, chatting with baby etc. At this age your baby should be sleeping for 2 - 3 hours between feeds and be averaging 5 to 6 sleeps in a 24 hour period. You might start to see a pattern forming from 8-12 weeks where you start doing the same thing at the same time each day.

Note: The night feed should be made boring, for example lights should be dimmed and there should be minimal chat, fuss etc. Also there is no "play" time overnight just feed, nappy change, burp, swaddle and bed. Overnight, try to stretch your feeds out to every 3-4 hours. It's fine to start your day between 6-8am.

Sample routine - 4 hourly day feeds

6 - 12 WEEKS OLD

Awake time: 1 - 1.5 hours



	WAKE & FEED 6am	Wake baby up - Feed & Play
	SLEEP 7 - 7:15am	Sleep
	WAKE & FEED 10am	Wake baby up - Feed
	PLAY	Playtime with baby
	SLEEP 11 - 11:15am	Sleep
	WAKE & FEED 2pm	Wake baby up - Feed
	PLAY	Playtime with baby
	SLEEP 3 - 3:15pm	Sleep (can be a shorter sleep)
	WAKE & FEED then BEDTIME ROUTINE 5:30 - 6pm	Small feed, deep bath, dress, finish off feed, burp, swaddle, bed. Refer to page 20 for more detail on my signature bedtime routine. Aim to have all of this done within 1hr - 1hr15mins to have your baby back in bed and ensure they don't become overtired.

Note: Establishing a routine with a newborn is not about doing the same thing at the same time every day. Instead, the routine is based around the "feed, play, sleep" cycle which occurs every three or four hours. Note that the word 'play' in this instance means nappy change, burping, chatting with baby etc. At this age your baby should be sleeping for 2 - 3 hours between feeds and be averaging 5 to 6 sleeps in a 24 hour period. You might start to see a pattern forming from 8-12 weeks where you start doing the same thing at the same time each day.

Note: The night feed should be made boring, for example lights should be dimmed and there should be minimal chat, fuss etc. Also there is no "play" time overnight just feed, nappy change, burp, swaddle and bed. Overnight, try to stretch your feeds out to every 3-4 hours. It's fine to start your day between 6-8am.

GETTING OUT & ABOUT WITH YOUR NEWBORN

Once you are home and settled, it's really important you feel comfortable getting out and about with your baby. Although this may feel overwhelming in the beginning, practice makes perfect.

Fresh air and sunshine is good for both you and your baby, and socialising is incredibly important for your mental health.

It's a big lifestyle change having a baby and catching up and talking to friends and family regularly can help with this adjustment.



PACKING YOUR NAPPY BAG

- At least 5 nappies
- 1 packet of baby wipes
- Portable changing mat
- 2 changes of clothes (onesies are a handy option)
- Disposable nappy bags
- Clean top for mum in case you get vomited on or nappy malfunction (poo explosion)
- 2 x dummies
- Nappy rash cream
- Hand sanitiser
- Burp cloths
- Wraps and/or blankets
- 2 x muslin wraps (great for swaddling, as a cover-up or for additional shade)
- Formula, bottles and an insulated bottle holder (if using). Always take extra feeds

One thing that babies are is unpredictable. Some outings will be easy and some are so hard that you will question why you went out. Try and stay calm. Comfort your baby if they are unsettled you can get back into routine once you are home.

Remember, the world is all brand new to your baby.

TAKING BABY FOR A WALK



Dress your baby according to the weather

Have warm blankets handy to keep your baby warm in winter months. In the summer keep your baby cool and always make sure they have shade

Start with short trips close to home, this will help you feel confident for longer outings. Your baby may sleep, wake up and then fall back to sleep again. When you come home if your baby is not due to eat you can wheel the pram inside for them to finish their nap or if they are in the carrier continue it on you. Remember that naps in the pram are only for short periods, and should not be used for longer naps.

If you are going for a walk with your baby, you will likely find they enjoy the movement of the pram and fresh air to help them fall asleep while you are out. As long as they are calm don't worry if they are awake. If you are out for the full two hours of your baby's nap time, when you get home your baby will be ready for a feed. Now you can reset your feed-play-sleep routine. If your baby did not sleep well try to make sure you still keep them awake for their feed burp nappy change and play. This will help them reset and set up for a settled nap moving forward.

Heading out to the shops:

Depending on the length of the trip, you may find your baby will sleep in the car. They may wake up when you get to your destination, but try to transfer them to the pram or baby carrier. It is okay if they wake up, they may stay awake while you are walking around or fall back to sleep again. Broken sleep while out and about is not something to worry about. If you time your outings feed to feed, it's easier to keep on track with your routine. It also helps your baby stay happy as they are not hungry. When you get home, you can reset with your feed, play, sleep routine.

Visiting family and friends:

Feed your baby at home prior to leaving, to help your baby feel more settled during the car trip. When you get to your destination try to transfer your baby to the pram or carrier (whichever you choose to use while you are out). If your baby wakes up, you might want to hold them. While you are out, I'm sure your family and friends will want to hold them for a cuddle. If you are not planning on staying long, you can try to leave so that you arrive home in time for your baby's next feed. If you wish to stay out longer, give your baby a full feed when they are due while you are out. This will help them be settled on the way home.

And if things don't go to plan...when you arrive home and baby is still asleep?



If you've been out walking and baby is still asleep in the pram, you can wheel them into the house and put them in a safe place so that they can finish their nap (remember prams and capsules are only safe for a short time).

If you went out in the car, try to transfer your baby to their bassinet or cot. If they wake up and you cannot resettle them, then you may want to hold them for the rest of their nap. This will help them to not become overtired.

If you arrive home and baby has refused to nap whilst on the go:

If your baby is very unsettled, overtired, you cannot settle them and they are not due for a feed, you may choose to feed them a little earlier (eg. 30 minutes earlier) and then reset your feed, play, sleep routine from the new feed time. It's important to remember some days just don't go to plan. And that's ok.

Remember, it's all about the reset day. Just try and stay home the next day to reset before heading out on another day out. Don't get disheartened if you have an unsettled outing with your baby. It's important to keep practising getting out and about. You will find what works for you both in time. Having a predictable routine at home will set you up for easier outings also, so stay consistent on days you are relaxing at home.



Feeding your baby on the go

Whether you are off for a walk out to the shops, or visiting family and friends, feeding your baby outside of your familiar home environment can feel overwhelming at first.



Please know, feeding your baby away from home doesn't have to be a stressful experience, the trick is to simply plan ahead and be as prepared as possible. Most places now have lovely parents' rooms where you can feed and change your baby with privacy and adequate facilities.

It is always a good idea to take your baby's feed with you even if you are not planning on staying out for a feed. You may have a change of plans or get stuck somewhere and it would be very stressful if your baby became hungry as you were out longer than expected. In saying that I also recommend taking two feeds, if you're planning to be out for one. Just in case you are out longer than expected or you accidentally drop one. It's always better to be over prepared when it comes to babies!



Breastfeeding on the go:

If you are breastfeeding, it's very convenient that you already have the tools with you to feed your baby wherever you go. While you are getting used to feeding while out and about, make sure you wear a breastfeeding-friendly top that allows you easy one-handed access, such as something with buttons or a maternity top.

If you are in a public place, where there is no parents room, you could use your muslin wrap that's in your nappy bag to cover yourself and your baby (if you feel uncomfortable or exposed). You may also find that you can take advantage of the privacy (and quiet/distraction-free environment) of your own car if available, and sit comfortably in the back seat for a feed - windows down or door open if needed and not too cold!

Bottle feeding on the go:

Preparing bottles for a day out requires a little more preparation, but you will find it becomes super easy with a little bit of practice!

If you fill your baby's bottle with breast milk, then all you really need to do in advance is to express and keep the bottle chilled in a cool bag.



[Click here to watch:](#)
Formula preparation on the go

Once you are out, you will need to make sure you have a place to heat the milk, like a parents room. If you are at a café or restaurant, you can ask for a jug of hot water to heat your bottle in. If you are using formula for this feed, to prepare you will need to:

- Accurately measure the amount of formula in a clean and dry formula container
- Prepare a vacuum flask of hot, just-boiled water
- A sterilised feeding bottle with cooled boiled water
- A baby bottle bag

Once out, you will add some boiling water to top up your bottle to make the desired amount at the right temperature. eg. If you are making 80ml of formula, add 50ml of cooled boiled water to your bottle, then when you are out and ready to feed your baby add 30ml of boiling water to your bottle before adding the formula. Always test the water temperature before feeding your baby, it should be "blood temperature" which is approximately 37 degrees celsius. Remember you cannot pre-make formula unless you keep it on ice.





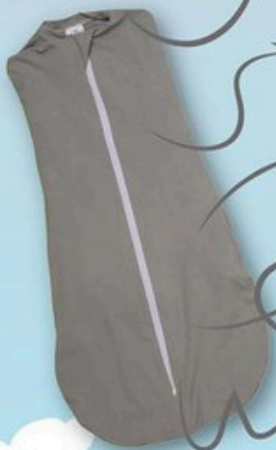
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MADE FROM BAMBOO & ELASTANE

For a healthy safe sleep. Gentle on sensitive new skin.

SUPER STRETCHY

Helps baby to self-settle. Allows for full chest expansion, growth spurts, and healthy shoulder joint development.

BELL-SHAPED BOTTOM

For healthy hip joint development

TWO-WAY ZIP

For simple use and easy nappy changes

HYBRID SWADDLE BAG

USE IN 2 DIFFERENT WAYS

OPTION 1



OPTION 2





SWEET DREAMS XX



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