

WHEN TO SEEK SLEEP GUIDANCE & SUPPORT

Sleep can feel overwhelming at times, for both you and your child. Gentle guidance can help you better understand your child's needs, build supportive routines, and create calmer, more restful days and nights for the whole family.

Falling Asleep

- Needs help or a sleep prop to fall asleep (feeding, rocking, swaying or a pacifier etc)
- Finds it challenging to settle to sleep independently
- Seems overtired or "wired" at sleep time



Night Wakings

- Wakes frequently during the night
- Has long periods awake overnight
- Wakes shortly after first falling asleep



Morning & Daily Rhythm

- Wakes very early (before 6am) in the morning
- Sleep times feel unpredictable or hard to manage
- Mixes up day and night (more common in younger babies)



Naps

- Naps are short or vary a lot in length
- Resists naps or skips them
- Struggles to stay awake comfortably between naps



Sleep Quality

- Has trouble linking and transitioning between sleep cycles
- Sleep seems restless or unsettled
- Often wakes upset or crying



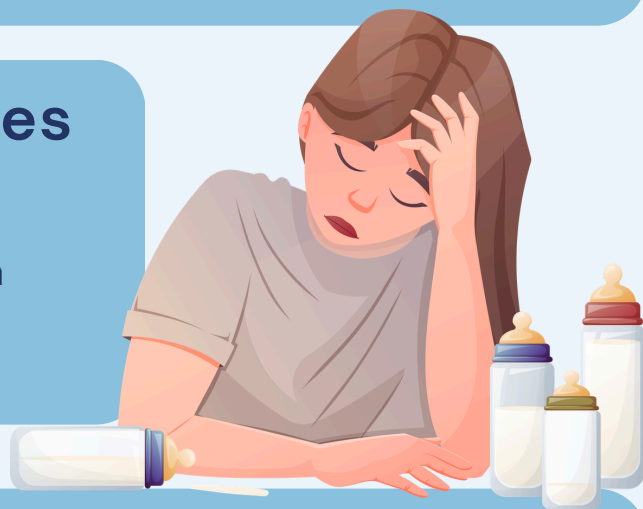
Evenings & Bedtime

- Evenings feel challenging or overwhelming
- Becomes more sensitive or unsettled before bed
- Has difficulty winding down for the night



Development & Sleep Changes

- Sleep has shifted during a regression or milestone
- Night feeds are hard to reduce or transition away from
- Needs a parent close by to stay asleep



Family Wellbeing

- You're feeling tired or unsure how to help
- Sleep is affecting feeding, mood, or daily life
- Small changes (light, noise, routine) seem to impact sleep easily

