



How can I put my baby back to sleep at night?

In the first newsletter article you already learned about falling asleep and the importance of a healthy eating and sleeping rhythm for your child. If your child does wake up in the middle of the night, the following tips and tricks can help so that your child can fall asleep again.

This article discusses the following ideas:

1. Giving warmth and closeness
2. Calming with your own voice
3. Providing dimmed lighting
4. Relaxing with movements

First of all, it is helpful to visualize what life was like before we were born. As a baby, you could always sleep in your mother's warm stomach, no matter when. There was always a dim light and the atmosphere was always calm and safe. Now when a child is born it will be exposed to a cooler environment. As a child, you don't always feel close to your mum, you don't get food immediately when you're hungry and you can't always fall asleep straight away, because everything is completely different. Such a new world can be overwhelming for a baby and it takes time to get used to it. It is best if you are there for your child, give him security and the feeling of not being alone.

Giving warmth and closeness

By having your baby with you in a shawl or stretcher, you can give your child physical closeness. Your closeness ensures that your baby can calm down. The warmth and closeness of the heartbeat strengthens the basic trust that your child knows from the womb. The smell of mom and dad also gives your child a feeling of security. A piece of clothing near the bed or a small pillow filled with a herbal mixture of lavender or hops or a few drops of orange blossom oil can help your baby relax. Holding hands while falling asleep or a small glove filled with rice can also create closeness. Cuddling can help to release the sleep hormone melatonin and thus prepare your baby for sleep.

Calming with your own voice

Another possibility is to calm your child down with your voice. Speaking or singing in a calm voice, reading a short story, or sharing the experiences of the day can help your child fall asleep. In the womb, babies are exposed to a background noise of around 80 decibels. Apparently, also monotonous household noises from a washing machine, a quiet blow dryer or a dishwasher can have a calming effect.

Providing dimmed lighting

As in the womb, children feel most comfortable in a dimmed atmosphere. It is best to use a night light, of which the light should ideally be red. Red light stimulates the production of the sleep hormone melatonin, which helps your child relax, become tired and ultimately fall asleep.



Relaxing with movements

Weighing and rocking is reminding of weightlessness and thus of the familiar state in the amniotic fluid in the mother's stomach. Seesawing on the exercise ball, baby hammocks or cradles can awaken this feeling in toddlers. Lastly, driving in a stroller or car can help your baby calm down. Maybe you know it yourself from your own car trips, which can be extremely tiring. If you don't know what to do next, then give this a try.

I hope that you enjoyed this article and that you have perhaps found one or the other idea, which you have not yet considered. I wish you success in calming your child and look forward to welcoming you again in the next newsletter.

Kind regards,

David Gathof