

How can I support my child falling asleep in the evening?

Especially when you have just become a mom or dad, helping your falling asleep can be a challenge. Perhaps you are faced with the situation that your child still has way too much energy in the evening and does not want to go to bed? And you ask yourself, "What can I do to help my child fall asleep better?" Or "How can I avoid being woken up at three o'clock in the morning?" In this article you will learn how you can support your child to fall asleep and to assure that a sleep through the night is guaranteed. You will learn about tips and tricks, that are suitable for babies and children from three years of age. You may share these tips with your partner so that both of you can get more sleep.

The following is being discussed in this article:

1. Establishing routines
2. Ensuring sufficient distance between bedtimes
3. Avoiding that your baby falls asleep on your arm
4. Playing soothing sounds
5. Supporting with nutrition
6. Using an anti-monster spray

Establishing routines

A first tip that can help your child to fall asleep, is to establish a routine. In this way you and your partner can establish regular sleeping and eating times for your child and thus contribute to a healthy sleep rhythm. Furthermore, fixed rituals shortly before bedtime, such as bathing or reading aloud, can contribute to relaxation and help to get your child's body into a rhythm. However, the passion of bathing differs from child to child. The only important thing to consider with routines is, that they should always comprise of the same activities and take place at the same time. Hence your child knows in the subconscious what's coming next and can adjust to it. With babies in particular, it is helpful to be aware that they have no rhythm yet and that they are in a completely new environment. Your child could always sleep in the warm belly of the mother, no matter when. With a set routine you can help your child get used to the times of day and bed.

Ensuring sufficient distance between bedtimes

Another tip is to pay attention to the interval between the final bedtime and the last nap. By ensuring that there is enough time in between, your child will be sufficiently tired to fall asleep in the evening. From the age of six months, your baby should sleep a maximum of 3 hours during the day - divided into two naps. If your child sleeps too long, you can gently wake her up. This ensures that your child is tired even in the evening.

Avoiding that your baby falls asleep on your arm

If your baby is showing signs of falling asleep on your arm, you can put her to bed right away. Babies usually wake up briefly when they transferred to another bed. When you do this at the time of nodding off, your baby is more likely to sleep through the night, because she is being relocated when she is actually tired.

Playing soothing sounds

Certain background noises can help your child fall asleep. Among others, quiet singing can be a good idea, because your child is used to the trusting voice of mom and dad and thus has a calming effect. If you don't want to sing, you can also find soothing rain or sea sounds on YouTube. Guided relaxation exercises or meditation are recommended for children aged six and over and work best with headphones.

Supporting with nutrition


Food can have miracle effects. When eating bananas, sugar and milk, the happiness hormone serotonin is released, which relaxes the body. A warm milk with honey, a delicious banana quark or an avocado-banana porridge can all contribute to falling asleep. If your mouth is watering now, you are welcome to try it out for yourself! Orange blossom water has a great essence. You can mix two teaspoons of this with milk or water and then serve it in a bottle. You may buy it in a pharmacy.

Using an anti-monster spray

Your child may not be able to sleep in the evenings because they fear that there are monsters in the room that could be dangerous. The best way to help your child is to take them seriously and discuss their fears with them. Cuddly toys can serve as protectors or keepers of secrets. Night lights are also often helpful so that your child can see what is happening in the room. An anti-monster spray is also a great idea. To make the magical anti-monster spray, you can decorate a spray bottle and fill it with water and (some scented aromas). If monsters are suspected in a place, children can spray some of the anti-monster mist and the monsters stay away from that place!

Coming to an end, I really hope this article has given you some useful tips to help your child fall asleep better and also that your sleep quality will improve by implementing these ideas. I am always happy to receive stimulating feedback. Feel free to write me an email or comment on my Facebook page. I wish you lots of fun and success trying out these tips and look forward to seeing you again in the next newsletter.

Kind regards,

A handwritten signature in black ink that reads 'D. Gathof'.

David Gathof