



## YOUR NEWBORN SLEEP PLAN

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Hi, I'm Kim, mum to two gorgeous school-age children, and certified Sleep Sense™ consultant

As a Sleep Consultant, I've undergone a comprehensive training and mentoring programme directly under the founder of the Sleep Sense™ system. This training, along with my extensive health background and personal experience, means I have the very best tools and knowledge available to help you get your little one sleeping well. The Sleep Sense™ programme has helped more than 60,000 children sleep through the night, and I'd love your child to be next!

I hold a Bachelor of Science (BSc), majoring in Psychology and Pharmacology, along with post-graduate Health Science papers, and for most of my adult life I have been in the health and education fields. But it was when I first became a parent, I realised how important sleep was, and started researching all I could! Sleep is natural, but it does need to be nurtured. Babies will get use to what they know, and they benefit greatly when healthy sleep habits are put in place early. Good sleep is the best gift you can give your child.

Because everyone needs a good night's sleep!

[www.cherishedsleep.co.nz](http://www.cherishedsleep.co.nz)

*"An ounce of prevention is worth a pound of cure!"*

### *Congratulations!*

If your little one is less than three months old, or if you are expecting a new baby and want to get off to a great sleep start, then you deserve to be doubly congratulated – both for the blessing of your new arrival, and for the wise decision to teach your baby healthy sleep habits right from the beginning of his or her life.

The newborn phase typically covers the first 10-12 weeks of life. And while the first two to three weeks are all about getting to know your little one, from then on you can start working towards some sleep goals.

## **NEWBORN SLEEP GOALS**

If you have a newborn baby, or are expecting one, you will soon realise that your baby does a lot of eating and a lot of sleeping and little else! It is important to allow your newborn to do as much eating and sleeping as he or she wants during the first few weeks, but there are a few things you should keep in mind during the first six to ten weeks to help you achieve healthy sleep habits moving forward.

### **Goal Number 1**

Self-Soothing Strategies - No Props

### **Goal Number 2**

Full Feed and Decent Sleeps

### **Goal Number 3**

Start a Bedtime Routine

### **Night Feedings**

### **It's Morning!**

### **Naps**

### **Helpful Hints for Success with Newborns**

### **Final Note**

## Final Note

Be proud of yourself for becoming educated on your child's sleep needs. **Remember that Newborn sleep goals are about creating healthy sleep habits over time, not for seeing immediate change.** This is about setting yourselves and your little one up for long term success. It can sometimes be stressful (like anything parenting), but the reward is great.

If you would like to discuss what's happening with your little one's sleep at any stage, you're welcome to book a short advice call with me. Please contact me via the details below to arrange this.

*Sleep deprivation is no joke, it has real consequences for the whole family.*



You can't expect your newborn to sleep "through the night" for a consolidated 10-12 hours, until they're developmentally ready to drop their night feeds.

However it is possible for a healthy infant (older than 3 months) with good sleep habits to be able to sleep through. If you're finding you are getting more wake-ups after the 1st four months, then please consider a FREE evaluation call to learn more about my infant sleep packages.

When your child isn't sleeping well it means NO-ONE is getting the rest they need. If this is happening in your household, your stress levels are likely through the roof.



To book a free 15-minute phone evaluation or paid short advice call:

Contact Kim Corley +64 27 566 6035

or [kim@cherishedsleep.co.nz](mailto:kim@cherishedsleep.co.nz)

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