

## **The 5 Things That Kept Your Child from Sleeping Last Night**

### **1. Too late of a bedtime**

Children need on average 10-11 hours of sleep at night for the first 9 years of their lives!

### **2. Nap deprivation**

Too late of a bedtime and skipped short naps will create *more* night wakings and poor quality sleep- not to mention an overtired child! It might not be logical but its true! Sleep begets sleep.

### **3. Your child was put down in his crib or bed already asleep.**

If you put your child to sleep by rocking, nursing, walking, bottle feeding or lying down with them then they become dependent on you to put them to sleep. When your child wakes during the night (we all do) they will expect the same thing from you in order to go back to sleep. Learning to put yourself to sleep is a vital life skill and one of our many parenting responsibilities.

### **4. Inconsistency is how you respond to your child during the night.**

If you are inconsistent in how you put your child to sleep and how you respond to them when they wake up, you may inadvertently create more crying! Consistency in sleep coaching is your key to success!

### **5. Underlying medical conditions such as: asthma, allergies, reflux and sleep apnea.**