Dr Golly's top sleep tips

Relax around your baby

Babies drink more than milk, they absorb all your emotions. Try to relax as much as possible.



Couple Alignment

link their sleep cycles.

White noise

Whichever technique or routine you choose, alignment and consistency between caregivers is essential.

White noise allows you to block out sounds from inside or outside the house which helps your baby to

Lighting

Darkness is so important to help all babies sleep! Ideally, the bedroom needs to be dark enough so that you can't see your hand in front of your face.



Winding

Babies can't burp themselves so we need to help them. My baby programs have a key focus on identifying wind signs and implementing an "active winding method".

Room temperature

Temperature and TOG dressing guides are included in my program. Always make sure your baby is dressed correctly.

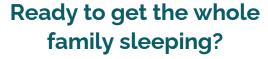


Age appropriate routines

My online sleep & settling program isn't about militant precision, it's about making sure your child is getting the right amount of sleep for their age.

Calorie intake

Babies and children need to get enough nutrition (milk and/or solids) throughout the day to sleep well at night.



Join me today 🗦





Empowered families. Sleeping babies.