

Establishing circadian rhythm: It can take up to 12 weeks for a regular circadian rhythm (body clock) to be established by a new born baby. Ensure your baby is exposed to natural daylight during the day and keep the room lights as dim as possible at night to stimulate production of melatonin, the hormone to help your baby sleep well. Massage also helps the production of melatonin. Massage is also a nice bonding activity to do with your baby after the bath or a nappy change.

Formula fed babies: We recommend SleepDrops for Babies to support digestion and any intolerances to formula and also supplementation with probiotics (see remedy support). Many babies react to formula with reflux, spilling, constipation and sleep disturbances. Some parents find alternating powders helpful. There are goat formulas which are also less allergenic. There are special formula's available from your doctor if your baby is reacting to all other formulas. We do not recommend full time use of soy powders as they are oestrogenic (having a female hormone activity), especially for boys!

Breast fed babies: Breast feeding mum's - ensure you eat a healthy nutrient rich diet and get lots of rest to make good quality breast milk to nourish your baby and help her sleep well. Unfortunately, foods eaten by the mother can have a huge impact on the digestion of the baby. The mother can be eating foods and have low grade IgG food allergies that she is not aware of. This can cause issues for the baby. In other instances it can be simply that the food is too heating or the mother doesn't digest that particular food adequately. Yes unfortunately this is often foods that the mother "loves"! We see this most commonly with milk products, too much coffee, broccoli, onion, garlic, cabbage, chilli or kiwi fruit and pineapple but it could be anything.

Solution: Cut out these foods completely for at least 4 weeks. If you don't know which foods you are eating that your child may be reacting to - try cutting out dairy first - it is most likely this! Allergy testing from a Naturopath is useful if you are unsure which foods are affecting your baby. Supplement your baby with SleepDrops for Babies and probiotics (healthy bacteria).

Remedy support

Probiotics - (beneficial bacteria that live in the gut)

The human gut is effectively the central control panel for the whole body. Interactions between the nervous system, immune, digestive and endocrine systems happen in the gut 24 hours per day. Probiotics have been scientifically proven to improve many aspects of human health and wellbeing including sleep! Supplementing with probiotics is very helpful but it must be the appropriate strain for infants. You will need to source "Bifidobacterium infantis". (This is the most important strain for babies.) In most cases these are not available in health stores unless they have a qualified naturopath present. The professionals at SleepDrops will happily source these for you. Please contact us on 0800 74 88393. The use of probiotics in both infants and throughout pregnancy has been shown to help in the prevention of allergies and skin conditions as well as aiding in digestive and immune function, all of which will impact on your child's ability to get good quality sleep. As your child gets older, general probiotic supplementation will be appropriate - from 1 year old.

For more information on the benefits of probiotics please see the following websites:
<http://pmj.bmj.com> or www.thelancet.com

Directions for use

SleepDrops for Babies:

1 - 3 drops under the tongue half an hour before bed and again at time of being put to bed. Additional doses can be used as required.



Sleep Well. Live Well

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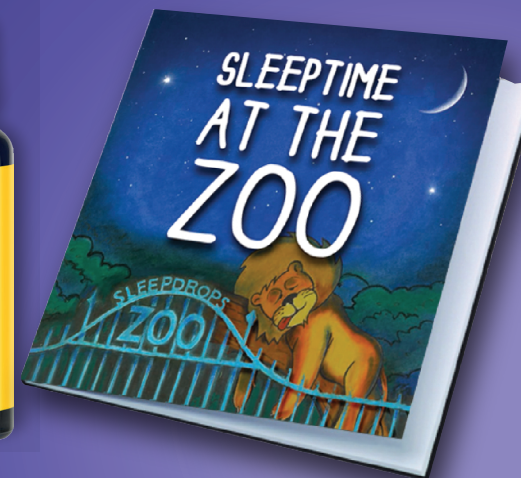


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SUPPORT TO HELP YOUR BABY SLEEP
SleepDrops for Babies



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SleepDrops for Babies

SleepDrops for Babies is a natural solution to soothe your baby to sleep. This unique formulation helps to calm and settle babies in times of overstimulation, allergies, digestive discomfort and teething troubles.

SEE THE SLEEPDROPS PRODUCT RANGE PROTOCOLS SHEET FOR GUIDELINES or GO TO OUR WEBSITE FOR ADVICE ON HOW TO USE THE PRODUCT MOST EFFECTIVELY FOR YOUR BABY.

1. BIRTH EXPERIENCE

How your baby was born may have a huge impact on how your baby sleeps.

If your baby's time in the birth canal was too short then their cranial rhythms (which are sending messages from the nervous system down your baby's spine to their organs) may not have been initiated properly. Conversely if their time in the birth canal was too long the cranial bones may be "jammed" and therefore the cranial rhythms – may also be compromised. This applies to ventouse and forceps deliveries as well.

If your baby was born by caesarean section the same applies – compromised cranial rhythms. This can lead to inadequate digestion, intestinal spasms, irregular peristalsis (wave like movements) of the large intestine resulting in indigestion, colic, reflux, constipation, diarrhoea etc. While this means they may also be unhappy during the day, have trouble feeding and other challenges we are here to focus on sleep. Sleeping will be compromised too. Gas bubbles in their bellies, sore tummies and spasming intestines will not allow your baby to sleep easily. They may have trouble getting to sleep and will most likely wake frequently throughout the day and night often every 40 minutes to an hour when babies go through a lighter phase of sleep.

The birth is also a crucial time for the baby to be exposed to good bacteria from the mother. A baby born naturally and breast fed will have a gut colonised almost completely by Bifidobacteria species within a few days.

Solution: SleepDrops for Babies, cranial osteopathy and supplementation with probiotics (beneficial bacteria). See remedy support. Please make sure you see a registered osteopath.

2. ALLERGIES

Allergic reactions cause a release in histamine and other chemicals to fight off the invading allergen which can result in inflammation, sneezing, coughing, itching and upset tummies. Allergies can also cause minor reactions which may not be visible but can keep the baby awake at night time. This can lead to your baby being fussy and irritable and not sleeping very well through the night.

If breastfeeding, foods in the mother's diet often upsets babies – remove dairy to begin with but other foods include cabbage, broccoli, onions, garlic, chilli, tomato, coffee, kiwifruit or pineapple.

For older babies and toddlers common culprits for causing allergies include dairy products, soy, egg and nuts. There are different allergy pathways so although a baby may not have a classical IgE reaction to a food (the only allergy pathway Doctors test for) they might be reacting through IgM or IgG pathways which are not as easily recognised. These allergies or food sensitivities can cause more subtle symptoms such as recurrent infections, runny noses, ear aches / infections, headaches, tummy pain, skin problems, hyperactivity, behavioural or sleeping problems. Please see a naturopath for allergy testing and give the baby probiotics (see remedy support).

3. TIMING IS EVERYTHING

Newborn Babies - watch for tired cues – yawning, staring into space, screwing up their faces, turning their heads away but before jerky movements or they get upset. Newborn babies are generally only up for an hour before they get tired again. Learn your baby's tired signs.

Older Babies - (around 6+ months) tired cues include rubbing their eyes, pulling at their ears, or scratching at their faces, loss of coordination or interest in toys. You may want to follow a flexible sleep schedule. Don't let them get overtired, that generally makes it even harder!

4. DEVELOP A SLEEP RITUAL

Develop a bedtime or naptime routine. Your baby will begin to expect sleep and with practice will begin to relax as soon as you start. Keep it simple and loving but be consistent. You don't have to give them a bath every time. Change their nappy, put on their PJ's, draw the curtains, read 1 or 2 books (the same number is helpful), turn on music. Always keep to the same order. Be consistent it won't happen over night but keep at it – it will pay off in the long run. As your baby grows older it takes longer so keep it simple.

5. LITERALLY SPEAK AND TELL YOUR BABY IT'S TIME TO SLEEP

Newborn babies might not understand much, but by using the same key phrase over and over by 6 and 9 months they will know what you are saying. Talk to your baby and tell your baby "it's time to go to sleep now, good night, I love you." or something similar, and always use the same phrase every time before naps and night time sleeps.

6. CALM AND SOOTHE YOUR BABY, BUT NOT TO SLEEP

After you have finished your sleep routine you want your baby to be relaxed and sleepy. You may want to stroke their forehead or gently pat their tummy. Most babies like some kind of movement like in the womb. But try not to do this for too long as they will become used to it and a year later you will be stuck at their bed side! So just for a minute or so stroke or pat them and then say good night and walk out of the room quietly.

It can take around 20 minutes for a baby to fall asleep. A little grizzling is ok. Take your time; you are developing long term strategies. It's ok to soothe them when they are very young.

7. BURP YOUR BABY BEFORE PUTTING THEM DOWN TO SLEEP

If you are feeding them and they fall asleep you must still take the time to burp them. It can take up to 15 minutes to get all the gas bubbles out. If this is not done correctly they will wake again with a sore tummy during their lighter sleep phases so take the time to do it right the first time.

8. PUT YOUR BABY DOWN TO SLEEP

You actually have to put your baby down so that they can sleep if you want to teach them good sleep habits. Lay your baby on his BACK for the first year. Your baby may sleep on his tummy as he gets older. It takes practice, practice, and practice!

9. SETTLING TIPS WHEN YOUR BABY IS UPSET OR OVERTIRED

Swaddle your baby, this stops their arms and legs flailing and helps them feel secure. Reassure your baby with sh...sh... sh... sounds or have white noise playing, this is similar to the wooshing noises heard in the womb. Gently patting your baby on his bottom or back reassures him and creates a gentle rocking that helps to settle your baby. Make the baby's room darkish to reduce visual stimulation. You can give your baby 1 drop of SleepDrops for Babies every minute for 10 minutes or until calm.

OTHER IMPORTANT CONSIDERATIONS:

Habits can be changed and nothing is permanent. Sometimes parents set up patterns or sleep associations in the beginning when the baby is very young that they regret later. There are time frames when certain behaviours are appropriate for you, your baby and your family and what may have been ok at 1 month and 3 months is no longer ok at 6 and 9 months. You will need to navigate your way through these times according to your political, spiritual and religious beliefs and how much time you have or the impact on your family and your sanity!

To cry or not to cry: Babies cannot talk and therefore crying is a way of communicating with us that they are not happy about something. You are the parent so you know best but your baby may not be "just crying".....