



▶▶ Kate (right) suggests to Joanne a change to little Marley's routine.

'My baby was sick – now she wakes every hour'

The problem When Joanne and Christian's daughter, Marley, five months, came home from a short stay in hospital with bronchiolitis and the

family moved house, her sleeping routine went out the window. We asked Karitane@Home Child and Family Health Nurse, Kate, to help out. Here's her report:

▶▶ Little Marley seems to be confusing day with night, and both her and her parents are exhausted with the constant night waking.

So we have suggested strategies to change her routine. Instead of giving her a short nap at 5-6pm, I suggested that, at 5pm, Jo starts a whole bedtime routine of a bath and massage, a story, a feed and then a little gentle play with Dad, which won't over-stimulate her.

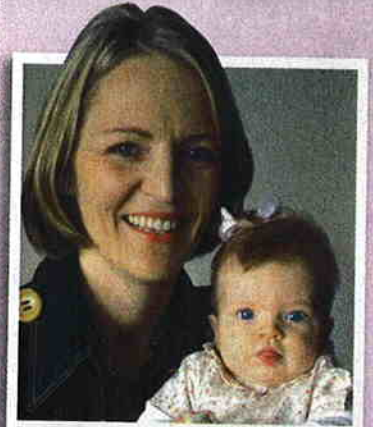
Then wrap her and put on some quiet music, and put her to bed for the night. Let her sleep as long as she wants – but when she wakes, don't get her up. Just feed and re-settle her so she knows it's night-time. Breastfed babies under six months can wake during the night for a feed and we shouldn't try to stop that, so I told Jo she was doing a fantastic job and to carry on.

It's natural for babies who have moved house to have a few weeks feeling unsettled, but she will get to know her new environment and adjust. It's also easy for babies, especially wonderfully alert ones such as Marley, to get over-stimulated. I suggested to Jo that they have more lazy days at home to rest. If babies are out several times a week in the car and stroller, they can get over-excited, and it's often hard to settle them.

One week later Marley is now sleeping for two-and-a-half hours at a time, rather than just

an hour. It's a definite improvement, and Jo and Christian are less tired so they're well on their way."

▶▶ If you live in NSW and need help with your baby, call Karitane, a 24-hour service, on 1300 227 464, or visit www.karitane.com.au



▶▶ Mum and bub are both now benefiting from a little more sleep.

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