



Baby Voice
YOUR BABY'S CHOICE

PLEASE, SLEEP ALREADY

Ebook for quieter nights
with your children



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BABYVOICE FOREWORD

Dear BabyVoice Customers.

This **baby sleeping eBook** could be a key for quieter nights with your children.

Both of us, Tom & Victor, from own experience with our babies know, how challenging times you can go through, when your little angel doesn't want to sleep (and our wives know this problem even better than we do).

We believe this ebook will be helpful for you and you will find the best sleeping solution for sleeping with your little hero.

We wish you beautiful times together with your babies and families.

Tom & Victor

2 proud daddies and BabyVoice owners

www.baby-voice.net

For more tips, info and funnies visit also our Facebook page:

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PLEASE, SLEEP ALREADY



There is only one hour left till midnight and the little rascal is having fun with a pillow fight in the bedroom. Or are duvet jumps a circus trick of an aspiring acrobat? Moments of quiet with a great book or a romantic moment with your loved one are dissolving, yet again. A completely different “game” is on. HOW DO I GET OUR CHILD TO SLEEP? And how to achieve they sleep all night as soon as possible? This is a topic that leaves millions of moms and dads all over the world pondering.

Our generation is facing one remarkable phenomenon. The media are constantly discussing whether we are good enough parents. Aren't you spoiling you child? Aren't you too strict, or, conversely, too benevolent? This is wrong and that is right... But what actually is the ultimately ideal image of a “good parent”? And is better to trust the advice of experts and friends or rather your own intuition and experience?

The two-year-old prince, whom we have the privilege of raising, screamed through his first three months. He refused to sleep more than two hours at a time. We called him “Mr. Screamer” and learnt that there are many things in life you cannot force. You have stay calm (to your best ability) even though on the inside, there is a raging tide of hopelessness, anger, stress and endless fatigue.

“I can't do it anymore,” mothers repeat. But they always bravely endure.

It is definitely clear that long-term sleeplessness of your child and repeated waking up at night time has a negative impact on parents' well-being, and they can also disrupt the peaceful atmosphere at home. It is therefore necessary to take the issue of your baby's sleep seriously.



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YOU CAN EVEN WAKE UP EVERY HOUR

With the arrival of every amazing baby into the world parents get to know something they have not experienced before. Lack of sleep and then ... having to be able to function 100% in the morning in today's hectic world. Mothers spending time with their child, having to clean the house, change nappies, entertain the crowds of visitors led by the mother-in-law while dad is busy trying to head off to work, possibly busy with older children - each family in their own rhythm. It is not unusual for dads to move to separate bedrooms so they can get some rest.

But even though they can scream and squall all night long, they are first and foremost a huge inspiration to us. They have inspired us two dads so much that we have established a small family business under the brand BabyVoice. And because we had been discussing the topic of sleep with our wives (sorry, I should say Goddesses of holy patience) for hours and hours, we have come up with the idea of making quality, super soft, bamboo swaddle blankets in which our children can sleep happily. "And we will write a brief book about sleeping," was another idea. The choice was obvious. "How do you get your baby to sleep?" "Does your son/daughter sleep well?" We heard these questions numerous times.

Having a two-year-old son and a three-year-old daughter, with clear conscience we can say that there is no universal recipe. Our daughter falls asleep at seven in the evening and gets up at six in the morning and she sleeps like a log all night (especially if she can swap her pillow for her mom). The two-year-old falls asleep at nine

and keeps waking up saying: "Mummy, milk." Then he fortunately sleeps as happy as Larry until seven. Things, however, did not calm down until he was one. And before? It was occasionally hell.

Perfect sleep development of children is not common. Although, a group of the "non-problematic" does exist. You have to wake them up to feed them from day one; when they are only few weeks old they sleep all night, and if you set off New Year's Eve fireworks right next to them, the only response you get is a self-indulgent stretch. Parents of the never sleeping "dragons" can hardly believe it. It is important to realise that every baby, every mother and every family are so individual that universally guaranteed advice seldom works. What seems to be impossible for one baby maybe the best solution for another.

Where to look for the causes of essential differences is a topic for another book. Very briefly using the words of specialists: a stressed mother plays an important role as well as genetics or medication used during pregnancy, etc. Doctors have added sleep disorder to the list of lifestyle diseases.

Another way of getting children to sleep has been described by our school mate from primary school who was living with her husband and their twins in a one-bedroom apartment. Their children were struggling to sleep so much that they had to prepare seventeen bottles of milk every night, and they had to heat each bottle up ... If they managed to sleep one hour at a time, it was a success. Such a mystery surely deserves a special solution.



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THERE IS NO UNIFIED SOLUTION

It is interesting how barely any parental topic can cause such turbulent discussions. And, as can be confirmed by workshop participants, sometimes it can provoke even rather heated arguments. We have written this e-book so you can think about it and make your own opinion. Or better yet, once you have finished reading it you will listen and follow your heart of a parent. It will surely lead you to the right answer for raising your children (and getting them to sleep).

The e-book is not supposed to be a guide to the best solution to get children to sleep. It is supposed to set out options; in the conclusion we are also featuring some scenarios that take place in our bedrooms. We continue to go through the motions of the habits we have created, which sometimes change, when getting our children to sleep, even though bedtime in our house is a relatively quiet affair now.

We think, however, there is no unified solution. Why? We are all unique, every child is different in some way, and if you happen to have two children at home, one will want to fall asleep alone and the other one will try to sneak their feet under mom and dad's duvet even at the age of four...



PLEASE, SLEEP ALREADY

CRYING? OR IN ARMS?

Let's take a look at the methods of getting children to sleep. There are two and they are very different.

1. With a contact approach

2. Stricter or independent approach

Arguments of the supporters of the contact approach claim that a child is entitled to loving care, touch and love. It is necessary to provide them with bodily contact whenever they ask or need it. Conversely, it is unhealthy to deny it to your child. In the presence of parents, children gain a sense of security and safety; they feel like they can rely on their loved ones, they can't be attacked by some "tiger". Children are simply infinitely loved.

At the same time, it is a pleasant duty of parents to spend as much time with their children as possible. Parenting lovingly cuddling babies does not last very long – fathers and mothers should make most of this time to be in physical contact, calm their minds and pace of their lives. Children mature and no longer require close bodily contact.

Let's turn the page so we can see some contrast... The approach itself is vastly different; in the beginning it is often painful for parents as well as for children, but the proponents cannot praise it enough and boast, according to surveys, with a success rate of around 96 %.

According to some experts children who are put to sleep using the contact approach often sleep poorly, falling asleep takes a long time, they wake up more often (asking for milk, etc.), regularly climb into parents' bed and they end up getting stuck in a vicious circle of too little sleep, subsequent irritation, etc. Yes, the separation approach (leaving a baby sleep on their own) helped many parents.

"My baby boy decided to terrorise me all night. He would wake up close to twenty times a night asking to be held. When I managed to put him to sleep, every time I put him back in his bed he would wake up again and I could start over. He just boycotted his cot. After two months of suffering I decided for Estivill's method and I swear by it," said our friend Jana. You can find millions of similar cases.

WHAT DOES ESTIVILL'S METHOD INVOLVE?

In the US and in the UK it is fashionable for children to sleep in their own bedrooms or at least in their own cribs preferably all night starting from 4-6 months of age. The controlled crying technique can help.

Eduard Estivill is a Spanish paediatrician; he has his own private clinic where he deals with sleep disorders. His book *5 Days to a Perfect Night's Sleep for Your Child* has become a bestseller all over the world. For many the book is highly functional, but for some it is rough and unacceptable. His method of getting babies to sleep has gained many different attributes over the years.



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But facts speak for themselves – up to 35 % of children under the age of five suffer from sleep disorder. Getting them to sleep may take a few hours, day by day, week by week. Children also wake up number of times during the night.

“My method is the result of many years of research that has involved prominent neurobiologists and pedagogy experts. I haven’t actually invented anything. ‘The Estivill’s method’ is simply a loving name that people have come up with. The aim was to take our long-term research and simply interpret it to parents who would transfer our results into their lives. Poor sleep is a sign that there is something wrong in our lives,” says Estivill.

POOR SLEEP IS ACCORDING TO ESTIVILL A HABIT

If sleeping habits are poor, children are often irritable, weepy, dependent on parents, and hate being alone. At night, they wake up often, find it difficult to fall asleep on their own, sleep only a few hours, and they constantly “test” the patience of their parents by calling out to them.

If any of the examples sound familiar to you, then the method of the famous Spaniard may be perfect for you.

Under what conditions is it recommended to apply the method?

- For children from about six months of age, when babies have a larger stomach and should be able to go without drinking all night. You can certainly breastfeed and change nappies

at night, but after that it is necessary to strictly follow the procedure.

- The baby has to be healthy. No toothaches, inflammation, allergies or any other problems.
- If you are not sure, ask a professional/doctor about a suitable method.
- This method can be applied even on children of four years of age

WHAT MUST BE AVOIDED?

- First of all doubts. You must be convinced that you really want to go through with this method. There will be moments where you find the method rough; you will have the tendency to back off, but after a few days it is very likely that you will get to see those desired results.
- Teamwork. The whole procedure must be followed by mothers, fathers, grandmas, grandpas, aunties and uncles, basically anyone who gets involved in getting your child to sleep. If you are not on the same page, you will not succeed.
- The method should be applied at home, not when on the road. The child needs to feel safe first and foremost. Even you yourself, when you are away from home, your sleep pattern changes.
- When a baby is asleep during the day, do not pull the blinds shut, do not turn the music or TV down, talk normally and act as if the baby was awake. The motto is: “There is noise and light during the day, dark and quiet during at night.”



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BABIES KNOW HOW TO PLAY US

Sometimes we play this game at home. We watch out for all those moments when our sun is trying to wrap us around his finger. “Daddy, score!” he begs at breakfast squeezing my finger and pulling me to the “soccer field” in the living room to play soccer. When he gets no reaction from me, he starts whimpering, which usually passes very quickly because he knows it gets him nowhere. He resorts to offence using the word “Please ... “. All of that is accentuated by his pleading hands. I must admit, I cannot refuse.

It is similar with sleeping, which Estevill himself confirms. Babies are incredibly clever and quick-witted. They draw attention to themselves using different tricks and if one fails, they try another one. If you let them fall asleep alone they call you asking to go to the toilet, then they start whining until the worst comes – the heartrending scream. “Only a few people can resist such a cry. It is only natural for us not to leave a desperate child alone,” say mothers who refuse the separation method.

The same applies at night as well. Children know that screaming always works; some of them scream so much that they end up choking or thrashing about in the cot. They would do anything for their parents’ attention. “I strongly advise not to respond though as by giving them what they want you only reassure them that it is exactly what they need to do to get your attention. Always ignore inappropriate behaviour, even if the child is only three years old,” says Estevill.



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This man has some interesting observations to offer to the world. His recommendations for adults is, for example, to turn their mobile phones off two hours before going to bed, stop thinking about things related to work, and get off all social networks.

“Many people reckon it is impossible. But they also claim that it is impossible to teach children to sleep. And yet, we have managed to teach millions of children how to sleep. They can sleep wonderfully if they have a great ally: parents who follow all the rules. Especially mothers! Then teaching children to sleep is much easier than teaching adults. They are very often rather anarchic and in the end they rather take a sleeping pill.”

STORY IS A GREAT RITUAL

Regular rituals before bed are very important. Bath, storytelling, flipping through books, cuddles; they all belong to the process of getting children to sleep. But beware: Perform your rituals in a different room than where the baby will be falling asleep.

When it is time to go to bed, you have to be resolute and confident. Children (as mentioned earlier, age does not matter – 9 months or four years old, the process is always the same) have in their beds their favourite stuffed animals, a pacifier, everything they are used to at bedtime.

Now everything depends on the approach of parents! Put your baby in the bed and with a sweet, as softest tone as possible tell them something like: **“Sweetie, mommy and daddy will teach**

you to sleep on your own. From today on you will sleep in your own bed with your stuffed animal, toy, etc. (anything the child is used to).” Repeat the sentence twice or three times. The most important is the determination, conviction, and kindness of your voice. It is a monologue, not a dialogue. Do not respond to your child’s behaviour in any way.

Then the moment that most mothers cannot bear comes and they are not willing to use the method. After leaving the room the child starts to whimper, throw tantrums, and requires the presence of parents in many original ways. “Resist!” advises Estivill repeatedly. “Tell yourself that you are doing it for the good of your baby and your own. They have to learn to sleep well.”

It is not recommended to give your child any explanations, no stroking, nothing. You must persist. Turn the lights off and leave the room. It is harsh, but that is the only way. If your baby starts crying, go to the bedroom only at intervals presented in the following table.

Table 1

Day	First waiting	Second waiting	Third waiting
1	1 minute	3 minutes	5 minutes
2	2 minutes	5 minutes	8 minutes
3	3 minutes	7 minutes	11 minutes
4	4 minutes	9 minutes	14 minutes
5	5 minutes	11 minutes	17 minutes
6	6 minutes	13 minutes	20 minutes
7	7 minutes	15 minutes	23 minutes



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Another night, add minutes in the same way until your baby is happily asleep.

What should you be saying upon your return to the bedroom? Just repeat the sentence in a nice determined manner: “Mommy and daddy love you so they are showing you how to go to sleep. We know that you are not happy, but soon you’ll be able to do it alone.” Then leave the room again. Nothing else is allowed; you just need to make your baby feel safe. Times of your going back to the bedroom can be shortened.

Table 2 – short version

Day	First waiting	Second waiting	Third waiting
1	1 minute	2 minutes	3 minutes
2	2 minutes	3 minutes	4 minutes
3	3 minutes	4 minutes	5 minutes
4	4 minutes	5 minutes	6 minutes
5	5 minutes	6 minutes	7 minutes
Other	6 minutes	7 minutes	8 minutes

If the baby starts crying at night, follow the same instructions at the same intervals. The same applies to naps during the day. Follow the instructions until your child is able to fall asleep on their own without assistance. After that you will not need any methods.

It takes most children 3-4 nights to be able to fall sleep on their own. Estivill reports a 96% success rate if you follow the instructions to a T. Thousands of mothers can testify for their success (and many can’t, of course).

WHAT ELSE YOU NEED TO KNOW

- Do not wait with the method and start immediately. The only conditions are a healthy child and ten nights at home, no sleepovers at grandmothers’ or elsewhere.
- If a child falls ill during the sleeping training, you must go to console them every time and follow your doctor’s instructions.
- Grandparents usually refuse tougher methods. Remember the rule of 10 nights. After that your child can go and sleep at grandparents’.

SLEEPLESSNESS IN NUMBERS

Let’s take a look at some numbers presented by a book Every child can learn to sleep (Jedes kind kann schlafen lernen) written by Hartmut Morgenroth, a paediatrician and a child psychologist and author of many bestsellers Annette Kast-Zahn. They also promote the separation method.

In their book they present the results of an extensive survey of about 500 mothers. What does it imply?

1. Only 6 % of four to six weeks old babies sleep all night.
2. One year old children sleep undisturbed the most often, more than a half.
3. Clear results of the survey show that parents get no uninterrupted sleep during the first year of their children’s lives because most children wake up at least once a night asking for the presence of one of the parents.



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4. Almost half of four to six week old babies wake up number of times a night.
5. Only at the age of four it is quite clear that children stop waking up as often asking for one of the parents. Thus mothers and fathers can struggle sleeping for years.

PHYSICAL CONTACT MEANS THE WORLD TO THEM

We have already mentioned it. The Estivill's method is criticised and condemned by many.

Leave your babies screaming? How are they possibly feeling? How would you like it being locked up in a cage (a cot) unable to defend yourself? How will it affect the baby? Children are defenceless and helpless; how can they feel good when they are all alone in their cots? And aren't children focused on making the closest ties possible with their loved ones - parents? Why do you think children smile when they see their mothers' faces?

The proponents of the physical contact method have a lot of questions and arguments. A lot of them are logical. "Hit your head voluntarily while falling asleep, that can happen. But vomiting? You can't just assume that a baby is vomiting on purpose. Especially if we consider the fact that the programme is introduced to six months old babies. Vomiting is rather a symptom of extreme stress and can be described as a psychosomatic stress response. What should I do when the baby is running a fever? Should I just leave the bedroom and wait for the fever to drop? My baby is not



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a sausage dog!” writes Eva Solmaz, a certified social pedagogue and a psychosomatic expert who studies the relationship between mothers and their children, in her book *Sleeping All Night at Last*. Read about crying [HERE](#).

And what does the physical contact method involve? Parents have a little visitor in their bed every night. The whole family basically sleeps together.

TWO KINDS OF SLEEP

To understand some processes and frequent night-time awakenings in children, it is important to know that there are two kinds/phases of sleep – for adults as well as for children. Deep sleep called non-REM and sleep called REM – a phase when we have dreams.

REM stands for “rapid eye movement.” These two stages of sleep rotate number of times during the night and between each phase we always shortly wake up. This implies that every child and adult wake up at night for a short period of time. We usually do not recall these short bursts of awakening because we usually immediately fall asleep again. But children who have not yet learnt to fall asleep on their own are unable to fall asleep again. They call out to their parents, check if the parents are lying next to them and try to snuggle up to them or get hugged.

“I consider love, happiness, patience, and listening to your own heart to be the most important factors when getting children to sleep. I have six of them and as an inexperienced young mother of my first baby I got swayed by the idea that sleeping in the cot is the best for my baby. I listened and tried the Estivill’s method. I must say it didn’t take me long to sober up from all the advice I’d got. It was a terrible feeling leaving my darling daughter, longing for a loving hug, crying in her cot so she could learn to sleep on her own a couple of months earlier than she naturally would anyway. People should not act rationally against what their heart is telling them,” says mother Eva, who herself is an entrepreneur in the baby industry.

She can talk about her children for hours. Every single one of them learnt to sleep on their own naturally sooner or later, but most of them managed by the age of three. They did long to be touched in the beginning, and at night they would climb into mom and dad’s bed. But then they naturally moved to their own rooms.

“I realised that it is best to put down all the books on raising children and listen to my own intuition instead and leave it up to the children when, where and how they sleep. I realised how important it is to trust my children and give them the opportunity to develop their own natural potential. I saw that sleeping together and spending all my time with my children is a gift and that time flies.”



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IN THE PAST, CHILDREN ONLY SLEPT WITH PARENTS

Perhaps all mothers have come across a number of well-intentioned pieces of advice. In practice, however, they have not worked for all of them. Here is a list of some of them:

1. If you take your baby into your bed, you'll never get them out of there again.
2. Do not hold your babies in your arms too often. You will spoil them.
3. The crying method will teach all children to sleep.
4. Feed your baby a thick porridge before bed, they won't wake up at night.
5. You should breastfeed your baby at intervals, every two, three or four hours.
6. By the age of six months, a baby should be able to sleep all night.
7. Do not go to your children's bedroom. When they see that their crying is pointless, they will fall asleep.
8. Do not let your child sleep during the day; they will sleep better at night.

Family, friends, articles on the internet, stacks of similar advice are accessible anywhere. But what works and what doesn't, that is up to everyone to try.

Perhaps the most debated is point no. 1, which tackles the very essence of the contact method. Is having your baby in your

bed really poor education? The approach to this topic is often determined by the culture and society we live in. Anthropologists agree that with most of our ancestors children used to share a bed with their mothers or slept close to some adult in a shared room.

“According to all comparative studies, infants in western industrialised countries sleep in their own beds and often in their own rooms – primarily children of the white middle class. That contrasts with most of our human history. Until two centuries ago, all babies were sleeping in the same bed with adults and virtually everyone was sleeping next to someone else,” writes in her book anthropologist Meredith F. Small, according to whom many paediatricians agree that the so frequently recommended sleeping in solitude is the exact opposite of the evolutionarily developed sleeping of babies. And it is therefore not what babies need.

Quite the contrary, babies require constant proximity of their parents; they want to be close to us as much as possible. After all, look at the animal kingdom. Many of them are in no hurry to leave their mothers.



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IS THE SLEEP OF MOTHERS AND BABIES CLOSELY CONNECTED?

Some parents find a solution in a shared bed; some move the baby bed with no sides closer to their bed. Sleeping together has advantages for breastfeeding mothers who can save a few minutes of sleep. Many mothers can confirm that they don't even take notice how many times they get woken up when sharing a bed.

As I have mentioned earlier, sleep consists of sleeping cycles (light and deep sleep phases). During the light sleep phase, we can get woken up by the smallest impulse; or we can sit up and have a drink without being fully awake. Breastfeeding also fits into this phase. Breastfeeding mothers can't tell how many times their babies wake up at night to be fed.

Children sharing a bed with their parents is even nowadays part of the culture in Japan, Vietnam, some Latin American countries and the Philippines. Anthropologist James McKenna claims that these countries in particular have statistically the lowest number of the Sudden Infant Death Syndrome - SIDS. McKenna emphasises in his research that the sleep of mothers and children is connected and because of the breathing of mothers babies don't forget to breathe either. Read more [HERE](#).

PUT BABIES ON MOTHER'S SIDE

If you find that sharing a bed with your baby is right for you and it works for both parents, you should follow several principles. Some of them apply specifically to babies up to one year of age.

1. Do not drink alcohol and do not take sleeping pills. If you are unable to be fully aware, there is a risk of crushing the baby.
2. Initially, put babies on mother's side. They are more perceptive and, according to research, sensitive. Fathers usually sleep much deeper.
3. Check the bed and surroundings. Watch for holes, sharp edges, and just about anything that could injure a small child. Do not wear jewellery in bed.
4. Mind the clothes – it is always warmer next to the parents. Be aware to prevent overheating.
5. Be careful with pillows. They are dangerous for the smallest ones. This danger decreases with age.
6. Big bed is a good bed. It is something you will highly appreciate when sleeping all together with the baby. You will, however, just end up like the parents in the illustrative picture ([see the next page](#)). Very funny and true, right?
7. Milk by the bed. This is not about safety, just a good tip. If you are not breastfeeding your child anymore, warm water in a thermos and other things necessary for the preparation of milk is great to have handy. Having to run to the kitchen at night is a punishment.



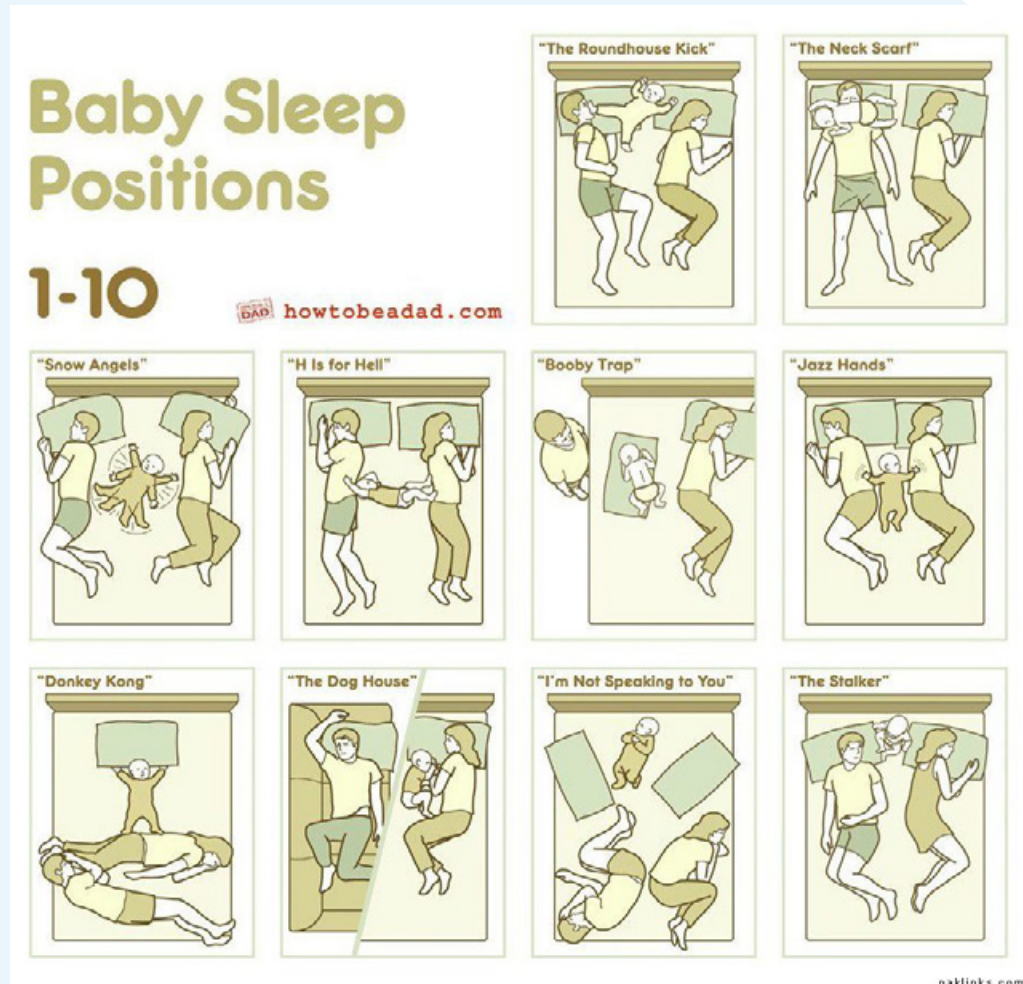
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8. The best food for the baby before bedtime is breastfeeding. According to surveys, evening milk has the best composition. Children sleep better.
9. Do not try to get your baby to sleep hungry.
10. If you find the time, motivate your child to move to their own bedroom. Sleeping alone may rouse a sense of adventure, a challenge, which your child will seek on their own. A new bed and furnishing a new bedroom can be fascinating for children as young as two.

LITTLE MONKEYS WANT MOMMIES, AS PROVED BY A SURVEY

There are many studies which, based on research, prove that physical contact is very important for children. In the 1950s, psychologist Harry Harlow conducted famous Monkey Love experiments. He separated monkeys from their mothers and placed them in a room with two mock-ups. One was naked, covered with a wire mesh but dispensed milk. The other one didn't dispense milk, but it was covered with pleasant soft material. Monkeys spent most of the time clinging to the one covered with the pleasant soft material. Monkeys spent more time clinging to the soft surrogate; they went to it more often even though it didn't dispense milk.

Harlow studied further and divided the monkeys into two groups. One group was given the "soft mother" and the other one was given the "hard mother" so they were left without the opportunity



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of being touched. Then he went on to determine the effect it would have on their behaviour.

After some time he exposed the monkeys to a stressful situation and frightened them with a loud toy. The monkeys with plenty of bodily contact rubbed against their mothers and eventually calmed down. Harlow found that the bodily contact was some kind of a psychological base or a solid point of security which was teaching them to deal with critical situations in life. In contrast, the monkeys lacking bodily contact reacted to their fear surprisingly. They started throwing themselves around, screaming, rocking back and forth – they were showing similar behaviour to children with autism and deprived children in institutions, or adults with mental disorders.

FIND WHAT WORKS FOR YOU

All parents have their own way. Every method has its pros and cons. Even though you can find many parents on the internet or in books that are happy with one method or another, you will also find those who will complain.

Sorrows and joys of getting our babies to sleep are part of everyone's journey. For some it is a piece of cake, and for others it may be a matter of months to get it right.

Listen to your child, your own instincts, and the nature. We hope that your beloved children can sleep happily all night as soon as possible.





**AND WHAT'S IT LIKE
IN OUR HOUSE?**

VICTOR

TOM



OUR BABYVOICE...



Our little prince spent his first three months screaming; he would wake up every hour crying and crying. Complete sleeplessness became part of our daily routine. I guess he wasn't all that eager to come to this world. Now he's two and he loves his bicycle and a ball that he chases around with a hockey stick. He's a little devil, in a good way. We are loving this age. We also have a sixteen-year-old son (they were both born on the same day 14 years apart), so we are aware how fast time flies with children.

He likes to cuddle, be naughty, and... how does he get to sleep? We have never tried the Estivill's method. He sleeps in his cot in our bedroom; between one and four in the morning, sometimes not until the dawn, he jumps into our bed, has some milk and goes back to sleep. He's happy and there's no reason to be changing anything. We can see how much he loves the bodily contact with his parents. We are, however, slowly getting ready his own bedroom and will try to gradually "move him out". After lunch, he's been sleeping alone in his own bedroom.

Before bedtime we flip through books and talk, but not for long. He tells us himself when he wants to go to sleep. Before his midday nap, we use a bit of motivation. "When you wake up, we can play, take the dog for a walk, and go to the park ... " After his exciting "Yeeeees" he quickly falls asleep.

For us, the contact method is the best. Sleeping in one room gives us a strong family connection and a lot of fun.

Victor, proud daddy

Our little princess Rosalie has just celebrated her third birthday, and to some parents her sleeping habits could seem unbearable. She needs to go to sleep holding my or her mom's hand; she wakes up after two or three hours, and if one of us is not next to her she starts calling out to us crying. She doesn't spend most of the night in her bed because the best pillow is her mom.

However, it used to be much worse. Getting her to sleep took ages and was exhausting. She would wake up eight times a night asking for things. Now she wakes up twice a night and all she wants is her bottle that we hide under the pillow. Although she doesn't sleep in her bed, she doesn't jump all over us or rides rodeos like she used to.

At the time of the greatest exhaustion and sleeplessness I came across the Estivill's method. I found it rough. Leave my daughter screaming alone in her bed until she drops off with exhaustion? No way. After a few nights of screaming, however, the method was promising healthy and good sleeping of a child and subsequently the parents. It was a big dilemma.

I gradually convinced my wife that if she wants to survive her motherhood, we should give the method a try. Rosalie cried for about two nights – and the impossible happened. She was falling asleep alone in her own bed and was sleeping quite well. But after two weeks, the girls went camping to sleep in a tent. And it was impossible to continue with the method. After their coming back, we had to start the process all over again, which we didn't feel like doing. Her sleeping has improved, she doesn't wake up as often, plus we instinctively prefer the contact method of getting our children to sleep. If she wants to be with us, why should we refuse?

Tom, proud daddy



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RESOURCES:

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Eva Solmaz: **“Sleeping All Night at Last”**

Meredith F. Small: **“Our Babies, Ourselves”**

Lenka Medvecova-Tinkova: **“The Greatest Myths about Babies’ Sleeping”**

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http://www.naturalchild.org/james_mckenna/cosleeping_world.html

