



# Newborn *Essentials*



Kim Sopman – Certified Holistic Sleep Coach

# Newborn Essentials

Rest Easy Sleep Consulting

Being a parent to a newborn is overwhelming. Where to start? Here are my top tips for new parents:

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## Prioritize Feeding

A big chunk of time with your newborn in the early days will focus on feeding. If you breastfeed, this relationship may take up to 6-weeks to establish. Never be afraid to ask for help, breastfeeding can be difficult for many new parents.

Take time to bond with your baby while feeding, maintaining eye contact during feeds. This helps to maintain closeness and comfort.

Breastfeeding can help with sleep regulation! Don't be afraid to feed to sleep or hold your baby. You cannot spoil a newborn, they need womb-to-world support.

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### Regulate Your Newborn's Body Clock

Everyone has a body clock that runs on a 24-hour rhythm. It's helpful to expose your newborn to light for 12 hours of the day, and darkness for the other 12 hours (approximately!). This will help your newborn to sort their days and nights.

Keep the environment light for your chosen 12 hours 'day' period. Then keep it quiet, dark and lower the stimulation for the 12 hours 'night'.

Being strategic might prove difficult when you're trying to cook dinner and have some downtime. Many parents opt to have their baby in their arms while all this is going on. In my experience, this is when you run into problems with overstimulation. Your baby becomes grouchy and tough-to-settle.

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Try if you can to plan ahead and eat earlier. Keep your newborn in a quiet, less stimulating environment so they can stay calm. Aim for a quieter evening.

If you are dining with your partner, opt for an earlier meal. Bring out the candles to keep the lights dim for your little one and have a date-night at the same time!

Prioritizing your newborn's body clock will give you a head-start on optimizing sleep.



## Get Outside!

Plan to get outside in natural daylight in the morning and again in the afternoon (if and when you can!). This goes for expectant parents as well. Get into this habit early, and it will be easier once your baby arrives.

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Exposing your baby to broad-spectrum sunlight is important. It aids in regulating the circadian rhythm (body clock).



## Sleep Timing

For anyone who has ever worked with me will tell you how important sleep timing is. Getting the timing right is the difference between a well-rested and over-tired baby.

It has an effect on how deep you sleep, as well as how you transition into and out of sleep. Observe your baby for early tired cues. You may notice your newborn is losing interest in faces and toys. Sometimes babies will avoid your gaze, and become very quiet.

Don't wait to see late cues such as fussy behaviour, or yawning and eye-rubbing. You want to catch your baby in the early stages.

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Newborns can only tolerate being awake for up to about an hour.

Around the 45-minute mark, you can experiment by taking your newborn somewhere quiet. You can feed, shush, rock, or sway. Anything you and your baby enjoy. If your newborn begins to look sleepy, keep going and see if they will nap. You can either hold or lay your baby down in a cot or crib.

If you choose to lay your baby down, this may feel high-maintenance at first! Books often paint a lovely picture that you put your baby down awake and they drift off. This is not usually the case!

You will need to be there, shushing, and patting them, whispering in their ear, or stroking their face, but it's worth a try. Don't persist if your baby is heavily crying – pick them up and comfort them. Try again when they're almost asleep. Never leave a newborn to cry themselves to sleep.

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### Quick Tips to Help Optimize Newborn Sleep

- Predictable, brief bedtime routine
- White noise
- Use a sling/carrier
- Use swaddling as a calming/regulation tool
- Observe tired cues
- Frequent feeding
- Expose to day/night variation (12h/12h)
- Hold, cuddle and soothe frequently
- Prioritize attachment
- Turn down the lights
- Prevent pain & discomfort
- Wean your baby off the swaddle beginning at 8-weeks of age
- Follow safe sleep guidelines & the safe sleep seven

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## Looking for more information on newborn sleep and wellness?

Parent's Clarity Guide to Newborn Sleep is here! I created this course with normal infant sleep and development at the forefront. You won't find absurd schedules or controlled crying tips inside!

### Parent's Clarity Guide to Newborn Sleep Includes:

- 8 modules with multiple lessons + bonuses
- Bite-sized videos you can easily digest (English subtitles included)
- Downloadable reference documents
- Self-paced study. All modules and lessons are available for the busy parent to consume at their leisure!
- Invitation to Rest Easy Sleep Society Facebook Group. Chat with new and experienced parents daily - including me!

## Looking for more?

Book a FREE consult at  
[www.resteasysleepconsulting.ca](http://www.resteasysleepconsulting.ca)

You can also find us at:

[Facebook.com/resteasysleep](https://Facebook.com/resteasysleep)

Instagram: [@resteasysleep](https://Instagram.com/@resteasysleep)



Kim loves coffee, her kids, and is a sleep education junkie. She has racked up 6 certifications, including a Certified Holistic Sleep Coach certification and a Advanced Sensitive Sleep Coach certification.

Kim has studied pediatric sleep, parenting, and infant mental health at various institutes. In addition, she mentors other sleep coaches who are starting out in the business.

Kim prides herself on using respectful and responsive techniques when working with families, making attachment priority.

[www.resteasysleepconsulting.ca](http://www.resteasysleepconsulting.ca)

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