

---

# Parenting A Baby - 4 Tips In Getting A Baby To Sleep Through The Night

Contributed by Webmaster  
Wednesday, 07 November 2007  
Last Updated Wednesday, 07 November 2007

By Dean Caporella

Is there an art to getting a baby to sleep through the night? Parenting a baby for new parents is one of the greatest learning experiences one will ever encounter.

The first four to five months involve plenty of bonding between the baby and it's parents and the sleep factor is one of the biggest challenges faced through this time.

## Baby Sleeping Techniques

There are several techniques you can use to get your child to learn to sleep through the night. In this article, we'll show you one which has worked effectively for most parents who have employed it.

One of the biggest hurdles in parenting a baby is overcoming the need to pick the child up every time it cries. The natural instinct for a mother is to rush to the aid of their child every time they cry. Is this the right thing to do? It depends a lot on the situation.

Obviously if the child is in some discomfort or has had a slight accident then yes it's the right thing to do but if there is no drama and the crying is all part of attention seeking then this is where you need to show some judgement.

So getting a baby to sleep through the night is going to require some patience on your part. During the first few months of a child's life there is a strong element of building trust between mother and infant. This trust factor can be used quite effectively during the process of getting the child to learn to fall asleep on it's own.

## An Effective Technique

If you are having difficulty getting your baby to sleep then this is a method you could employ with good results:

1. You need to start with a routine. Get into the same routine at the same time each night.
2. Your routine could involve a short bath followed by a bedtime story. The aim is to get your infant to learn that when it's bath and story time, then bedtime is coming up.
3. During the story, the baby will usually begin to drift off into it's dreamworld and this is when you should put it down in it's bed.

4. Stay close for several minutes in case he/she wakes and if they do, simply soothe them by rocking their crib or letting them hear your voice.

This method could take several days to two weeks to see good results. The idea is to maintain trust with the baby but to avoid letting it become dependent on you to pick it up every time it begins to cry. It's important to be consistent with your routine.

When you are thrust with the responsibility of parenting a baby, the first few months can be one giant learning curve. Introducing consistent sleep patterns is just one part of this learning experience.

Want to improve your parenting skills and knowledge? Get cutting edge information on parenting help plus the latest techniques and advice on raising and dealing with children.

Parenting

{mos\_sb\_discuss:2}