

7pm to 7am Sleeping Baby Routine: The Ultimate Guide to Getting Your Baby to Sleep Through the Night

Getting your baby to sleep through the night is a major milestone for both parents and babies. It can be a challenge, but it's definitely possible with the right routine. This article will provide you with a step-by-step guide to creating a 7pm to 7am sleeping baby routine that will help your little one get the sleep they need.



7pm to 7am Sleeping Baby Routine: The no-cry plan to help your baby sleep through the night by Charmian Mead

★★★★☆ 4.3 out of 5

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Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 290 pages



Step 1: Establish a Regular Bedtime

The first step to getting your baby to sleep through the night is to establish a regular bedtime. This means putting your baby to bed at the same time each night, even on weekends. It may take a few days for your baby to adjust to a new bedtime, but be consistent and they will eventually get used to it.

Step 2: Create a Relaxing Bedtime Routine

Once you have established a regular bedtime, it's important to create a relaxing bedtime routine. This routine should help your baby wind down and prepare for sleep. Some ideas for a relaxing bedtime routine include:

* Giving your baby a warm bath * Reading your baby a story * Singing your baby a lullaby * Rocking your baby in a rocking chair

Step 3: Make Sure Your Baby's Bedroom is Dark, Quiet, and Cool

Your baby's bedroom should be dark, quiet, and cool. This will help your baby fall asleep and stay asleep. You can use blackout curtains to block out light, a white noise machine to block out noise, and a fan to cool down the room.

Step 4: Put Your Baby to Bed Awake

One of the biggest mistakes parents make is putting their baby to bed asleep. This can lead to your baby waking up as soon as you put them down. Instead, you should put your baby to bed awake. This will help them learn to fall asleep on their own.

Step 5: Be Patient

It may take some time for your baby to adjust to a new sleep routine. Be patient and consistent with your routine, and eventually your baby will learn to sleep through the night.

Getting your baby to sleep through the night is a major milestone, but it's definitely possible with the right routine. By following the steps outlined in

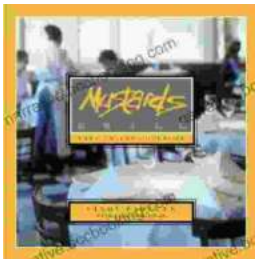
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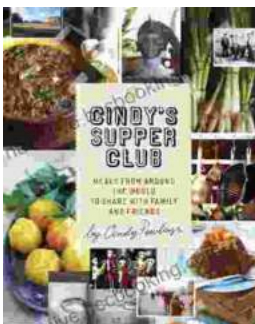
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