



Dear Parent,

Welcome—and congratulations on this precious new chapter of your life!

I'm Izzy Gomez, Holistic Baby Sleep Coach and founder of Trust Your Parenting – Gentle Sleep Support. I'm so glad you're here.

Caring for a newborn is both beautiful and overwhelming. The early days can feel like a whirlwind of feeds, snuggles, sleepless nights, and endless love. That's why I created this Gentle Sleep Foundations Guide—to give you support, clarity, and encouragement during the first months with your baby.

Inside, you'll find nurturing and practical ways to:

- ★ Support your baby's natural sleep rhythms
- ★ Strengthen your bond through feeding and soothing
- ★ Create simple routines that work for your family
- ★ Understand your baby's needs without pressure or rigid rules

More than anything, I want you to know this:

You don't need to be perfect—you just need to be present.

Your calm, loving presence is what your baby needs most.

This guide is a starting point. If you ever feel lost, tired, or unsure—I'm here. Keep an eye on your inbox for more gentle sleep tips and words of encouragement.

You're doing amazing.

With warmth and support,

Izzy Gomez

Holistic Baby Sleep Coach

Trust Your Parenting – Gentle Sleep Support

Gentle Sleep Foundations for Your Newborn

A Loving Start to Restful Nights (0–2 Months)

Welcome to the Fourth Trimester

The first few months with your baby are full of wonder, change, and deep connection. This gentle sleep guide isn't about strict routines or sleep training—it's about supporting bonding, building confidence, and helping your baby adjust from womb to world.



01 Prioritize Bonding & Closeness

Newborns thrive on connection. The more love and closeness they feel, the more secure and settled they'll become.

Here's how to encourage bonding:

- ★ Skin-to-skin contact as often as possible
- ★ Respond to cries gently and promptly
- ★ Use eye contact, a warm tone, and soft touch to create a sense of security
- ★ Rocking, holding, or carrying your baby in a sling helps soothe and regulate them



Your presence is your baby's greatest comfort.



02 Feeding is a Foundation for Sleep

Newborns have tiny tummies and need to feed frequently, day and night. Feeding isn't just nutrition—it's bonding and emotional nourishment.

Support healthy feeding habits by:

- ★ Maintaining eye contact during feeds
- ★ Keeping feeds relational, not rushed
- ★ Limiting the number of caregivers feeding the baby (even with bottles)
- ★ Holding your baby close during every feed



Breastmilk contains melatonin (a natural sleep hormone), which supports your baby's developing sleep-wake cycle.

03 Encourage Early Communication

When your baby is awake and alert:

- ★ Talk, smile, and copy their facial expressions
- ★ Stick out your tongue and see if they do it back
- ★ Mimic coos and sounds—they're learning through you



These moments build emotional connection and brain development.

04 Teach the Difference Between Day and Night

Babies are born without a sense of day and night—but we can gently guide them by creating contrast:

During the Day:

- ★ Keep lights on and curtains open
- ★ Engage with your baby—talk, sing, play
- ★ Don't try to keep things quiet

During the Night :

- ★ Dim the lights
- ★ Speak softly and keep interactions minimal
- ★ Avoid stimulating activities



Broad-spectrum daylight exposure during the day helps babies adjust their internal clocks (Rivkees, 2003).



05 Gentle Tools to Soothe and Support Sleep

Your baby may need help calming their nervous system—this is completely normal!

Try these calming strategies:

- ★ A brief and predictable wind-down routine (e.g., lullaby or soft phrase)
- ★ White noise
- ★ Swaddling (if you choose to swaddle, follow safety guidelines)
- ★ Using a sling or gentle rocking
- ★ Shushing and patting
- ★ Warming the bassinet with a warm (not hot) water bottle before laying baby down
- ★ A muslin with mom's scent nearby
- ★ Gentle massage with cold-pressed, fragrance-free coconut oil



These are ways to help your baby feel calm, safe, and loved.

06 Safe and Supportive Swaddling (If You Choose to Swaddle)

Swaddling can be soothing, but must be done safely:

- ★ Use a thin muslin cloth
- ★ Wrap snugly but not tightly around the torso
- ★ Leave hips loose to avoid hip issues
- ★ Never swaddle the head or face
- ★ Stop swaddling once baby shows signs of rolling (usually by 12 weeks)
- ★ Give your baby plenty of free movement time during the day



Swaddling should support—not replace—connection and comfort.





Your Gentle Sleep Checklist

- ★ Feed frequently and responsively
- ★ Prioritize bonding and closeness
- ★ Encourage communication and mimic baby's cues
- ★ Support day/night rhythm with light and noise
- ★ Use gentle soothing strategies (white noise, swaddle, rocking)
- ★ Always follow safe sleep practices (baby on back, firm flat surface, no loose items)
- ★ Care for mom's physical and emotional health too

Remember

You don't need to “fix” your baby's sleep—you just need to respond with love and intention. Sleep is a process that develops gradually, and your calm, consistent presence makes all the difference.