



5 GENTLE WAYS TO HELP YOUR LITTLE ONE SETTLE AT NIGHT



**CALM, REALISTIC HELP FOR TIRED
FAMILIES**

TINY HANDS BIG ADVENTURES

TINY SLEEP SUPPORT

INTRODUCTION

If bedtime feels like the toughest part of your day, you're not alone.

The dragging routine. The second wind. The night wakes that leave you staring at the clock.

This little download isn't about strict rules or dramatic changes.

its just a few small things that can often make settling feel smoother. You can try all of them, or non... just take what you need in the moment.

Amanda
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TIP 1.

TRY STARTING A LITTLE SOONER

Sometimes the battles at bedtime aren't about behaviour. They're about overtiredness.

When little ones get too tired, their bodies release cortisol, a stress hormone. It can make them look wired, hyper or suddenly very emotional.

If evenings feel chaotic, try starting your wind down 20 minutes earlier for a few nights. It can be surprisingly helpful.



TIP 2.

KEEP BEDTIME BORING (IN A GOOD WAY)

Children don't really understand time. They understand patterns and routine.

Bath or wash. Pyjamas. Feed. Story. Cuddle. Bed.

Routines don't need to be long or elaborate. In fact, complicated routines often make everyone more wound up.

Simple and predictable usually works best.



TIP 3.

THINK ABOUT THE GAP BEFORE BED

That stretch of time between the last nap and bedtime matters.

If it's too long, they're overtired. Too short, and they might not quite be ready.

As a very rough guide, many 9 month olds manage around 3 to 4 hours. Toddlers often manage 5 to 6.

It's not about getting it perfect. It's about noticing patterns.

TIP 4.

STAY CLOSE IF THEY NEED YOU

Sleep is vulnerable. Letting go into sleep can feel big.

As children grow and understand that you exist even when they can't see you, separation at bedtime can suddenly feel harder.

A calm voice. Sitting nearby. Gentle touch if they like it.

You're not creating bad habits. You're helping their nervous system settle.



TIP 5.

LOOK AT THE WHOLE DAY

Bedtime starts in the morning... yes really!

Getting outside early. Plenty of movement.
Enough nap sleep. And a consistent wake up time
if possible... can all help.


Sometimes the fix isn't in the bedtime routine at
all... it's in the whole day.



If sleep feels tough right now, you are not the only one.

There isn't one right way to do this. What matters is what feels manageable for your family.

Tiny Sleep Support is coming soon... gentle, realistic help for families who want support without cry it out advice.

Keep your eyes on your inbox for more parenting tips and details of the Tiny Sleep Support launch 

Sending love & support
from our little village to yours

Amanda

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Tiny Hands Big Adventures

