



Siblings Sharing a Room



Little Village Sleep

SHARING A ROOM

Depending on your living space, the size of your primary bedroom, how many rooms your home has, and your baby or child's temperament. You may need to or want to, for example, put your six-month-old baby and toddler together in the same room. If this is the case, they will absolutely get used to each other in time and likely will not wake up to the noise/cry of their sibling.

Before they are moved into the same room, it is really important to work on each child's sleep challenges in their current location to get longer stretches of sleep. If your six-month-old is already struggling to sleep more than 2 hours, and your toddler is waking up a lot at night, moving them into the same room will only mean less sleep for your toddler. That's not good for anyone.

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I often suggest you wait until the youngest is down to one (maximum two) night wakings on their good nights before moving rooms and address your toddler's sleep challenges before the move, if any. Moving them into one room because your toddler needs someone to sleep with them can often help them feel secure that their younger sibling is in the room with them when they wake.

However, it's important to treat each child's sleep challenges separately, then move them together and prepare yourself and your partner for a week (or two) of rough nights. It's common for two children to wake each other up at first (it is helpful that you and your partner are prepared for the rough week and have the necessary strategies to support yourselves during the change). It will take time before they get used to each other, and the excitement wears off, sharing sleep space.

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Depending on the age gap, sleep routines and sleep needs. You can choose to do the bedtime routine together and create one special routine for both, including rough and tumble play, bath, pyjamas and bedtime stories. If they are at similar ages, the routine will most likely look exactly the same for both of them with minor adjustments to nurture their unique temperament. If bedtime seems a bit too chaotic at the season you're in, and your baby and toddler have two different bedtimes, it's ok to stagger things. If you have help, you or your partner can work on each child and their routine. This would look no different if they were in separate sleep spaces. The second child is being put down in their sibling's room.

With any changes to how or where a baby or child falls asleep, we will be met with minor setbacks, pushback or behavioural changes. Stay consistent with your new routines; remember, all feelings are welcome and supported.

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