

A woman with long dark hair is smiling and holding a baby. The baby is wearing a light-colored shirt. A simple line-art heart is positioned above the baby's head. The background is softly blurred, showing a lamp with a round bulb.

Top 5 SLEEP SECRETS

*A guide for parents struggling with
their new borns sleep patterns.*

Clavinda



About Me

Hi, I'm Clarinda, a Child & Family Health Coach, Postnatal Specialist, and most importantly—a mother who understands the exhaustion, frustration, and uncertainty that comes with baby sleep.

With over 17 years of experience in nursing and child health, I've spent my career helping parents move from sleepless nights and second-guessing to confidence and clarity.

Sleep isn't just about schedules—it's about understanding your baby's biological rhythms, emotional needs, and developmental stages. Through my evidence-based approach, I help parents like you break free from trial and error, giving you a clear, step-by-step guide to restful nights and happier days—without the guilt or confusion.

I created this guide because I've been where you are, and I know that better sleep isn't just possible—it's within reach. Let's get started!

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Leanne



1. Create the most optimal sleep environment

By creating a sleep environment that's comfortable, calm, and conducive to rest, you can help your baby develop healthy sleep habits and ensure everyone gets the rest they need. Implementing the strategies below will establish the most optimal sleep environment

Step 1:

Black out room no light creeping in.

Step 2:

White noise for naps and throughout nighttime.

Step 3:

Tog rated sleep suit. Dress your baby for the coldest part of the night.

Step 4:

Crib free of toys or loose blankets.

Step 5:

Understanding sleep consolidation



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A soft-focus photograph of a woman with long brown hair, wearing a white short-sleeved top, holding a sleeping baby. The baby is wearing a white lace-trimmed onesie. The background is a bright, out-of-focus window with white blinds. Two purple line-art hearts are positioned in the upper right and lower left corners of the image.

2. Perfectly ready for sleep

Watching for sleep cues such as gazing, red eyes, yawning, glassy eyes and temper. Following the appropriate awake windows based off age. Even 5 minutes can make the world of difference between being under or over tired. Ensuring they're perfectly ready for sleep can help with sleep consolidation, therefore leading to longer stretches of sleep throughout the day and night. As your baby gets older their sleep needs will change.

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3. Settling Techniques

The ability to fall asleep independently is the key to your baby resettling by themselves throughout the night. This can include parental presence pick up to soothe, patting and shhing to name a few. Or utilising the 5 S's for settling below. within the first few months your little one will most likely need assistance with falling asleep but setting up positive sleep associations such as white noise, a sleep suit, Blackout room and following eat play sleep routine outside of the newborn period.

The 5 S's

1. **Shhhhhhing**
2. **Swaddling** until baby is showing signs of rolling or 4 months old
3. **Sucking** - Dummy, Breastfeeding or sucking thumbs for comfort
4. **Side** lying settling in arms (always pop baby on their back to sleep)
5. **Swinging** - Gentle rocking

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4. Nap and bedtime routine



It is never too early to establish positive sleep associations when it comes to nap and bedtime even from a newborn. 15min of wind down before nap time can include taking baby to their room, changing their nappy, popping them in their sleep suit, read a book and say a sleepy phrase like “sleep time”. . Bath, milk, book bedtime routine at night. Little ones thrive off routine. It builds trusting relationships and they will learn to know what comes next

5. Sleep Consolidation

Day time sleep promotes night time sleep and vice versa. When these two consolidate you have the perfect balance of sleep based off your little ones age.



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To help you take these 5 sleep secrets from theory to action, I'd love to offer you a 15-minute complimentary implementation call. This is your chance to get personalized guidance on how to integrate these strategies into your baby's routine so you can start seeing real results.

✉ DM me 'SLEEP' on instagram or facebook to book your free session. I can't wait to support you!

*p.s. there is a gift
on the next page
for you*



*Clarinda
Leanne*

Sleep Tracker

Print this page to keep track of your babies sleep patterns!

MONTH: _____

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