

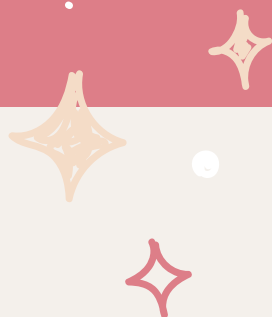


The First Year of Sleep

A Gentle Guide for 0-12 Months



Loving Loud Little People
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A Message from Me to You

Hi there!

If you are reading this, you are probably in the middle of those long nights and early mornings, wondering when rest might feel easy again.

Before anything else, I want you to know this: you are doing beautifully.

Your baby's sleep does not need to be fixed. It is growing and unfolding, just like every other part of their development.

Sleep is a skill that takes time, patience, and a lot of love to mature.

This guide was created to help you understand your baby's sleep in the first year: what is normal, what can help, and how to bring calm back into your home without pressure or overwhelm.

You've got this!

x W



Understanding your baby's developing sleep

Just like walking and talking, sleep develops in stages. It is not something that happens all at once. It is a process that builds as your baby's brain and body mature.

In the first year, sleep can feel unpredictable. Some nights will flow easily while others may leave you questioning everything.

But each phase and each pattern is part of your baby learning to regulate their body and connect sleep cycles.

You are your baby's safest place during this process.

Your calm presence teaches them that the world is safe and that rest is something they can ease into, not something they have to resist.



Helping your baby find their rhythm

In the early weeks, your baby's body clock, called a circadian rhythm, is still developing. That is why newborn sleep feels all over the place, because it truly is.

Gradually, around 4 to 6 weeks, their little system begins to recognise day and night.

You can gently support this rhythm by:

- letting natural light fill your home during the day
- getting outside together when you can
- keeping lights dim and voices soft at night
- avoiding bright or blue-toned light from screens in the evening
- making daytime feeds more social and night feeds calm and quiet

This will not create perfect sleep, but it will lay a foundation that helps your baby's body learn the difference between day and night in a way that feels natural.



What is typical for baby sleep

There is no such thing as one right sleep pattern. Each baby is beautifully unique, and their sleep will reflect that.

Here is a gentle overview of what is typical. It is not a checklist to measure against, but a guide to help you understand the broad range of normal.

- Newborn to 6 weeks: Most babies sleep 14 to 20 hours across 24 hours, in short bursts of 2 to 4 hours.
- 6 weeks to 3 months: You may notice one slightly longer stretch of 4 to 6 hours at night.
- 3 to 6 months: Some babies begin linking sleep cycles, giving you one 5 to 6 hour stretch.
- 6 to 12 months: Sleep begins to consolidate, with 2 to 3 daytime naps and longer night stretches. Night waking is still normal.

Even after the first year, many babies still wake for comfort or connection. That does not mean they cannot sleep.

It means they are human.



Creating a calm bedtime rhythm

Babies thrive on gentle predictability. A familiar routine helps their bodies and minds prepare for rest.

Your routine does not have to be long or complicated. It just needs to be consistent and nurturing.

Try a simple flow such as:

- a warm bath or gentle wipe-down
- nappy change and fresh clothes
- dim lights and quiet voices
- a feed, story, or cuddle
- a song or soft goodnight words

This routine signals safety, not just sleep. When your baby learns that bedtime always ends with your calm presence, their little body can begin to relax.



When your baby needs help to settle

Every baby needs help settling at times, some more than others. Needing you is not a bad habit. It is part of being wired for connection.

When your baby cries or resists sleep, they are communicating, not manipulating.

They might need reassurance, closeness, or simply to know you are near.

Responding to these cues helps build trust, which becomes the foundation of healthy, independent sleep later on.

Over time, your baby will find comfort in the rhythms you have created and gradually learn to settle with less hands-on support.

For now, your calm is their compass.



Keeping sleep safe

Creating a safe sleep space helps protect your baby and gives you peace of mind.

The safest way for babies to sleep is:

- on their back from birth, not on their tummy or side
- with head and face uncovered
- in their own sleep space, such as a cot or bassinet, with a firm, flat mattress
- in the same room as a caregiver for the first 6 to 12 months
- in a smoke-free environment
- never on a couch or armchair, especially with another person

Safety and calm go hand in hand.

When you know your baby's space is safe, it is easier for you both to relax.



When you're ready for more support

If you are ready to create calmer nights with practical, gentle strategies that truly work, you will love the [Ever Calm Sleep Method](#).

It is a heart-led, evidence-informed resource that helps you respond to your baby's sleep needs with confidence, without tears, guilt, or overwhelm.

Because when you feel calm, your baby feels it too.

