

Under the Wing Sleep Consultancy

5 GENTLE SLEEP TIPS EVERY PARENT SHOULD KNOW

Gentle, practical sleep support for babies and
toddlers



Welcome

As a mum I know how hard sleepless nights can be. You've tried the tricks and still wonder what you're missing. The good news? You don't need harsh methods to see change.



Small, gentle shifts can make a big difference - for them, and for you.

Hannah Quirke



Tip 1: The Bedtime Routine



- Create a predictable bedtime routine
- Babies and toddlers thrive on consistency. Keep it simple - 3 or 4 steps in the same order each night.
- Example: Bath → Pyjamas → Feed → Book → Lights out.
- Predictability helps their body relax, making it easier to settle and stay asleep.

Tip 2: Timings



Watch your baby's wake windows

- Timing is everything. If babies stay awake too long, they become overtired - and overtired babies fight sleep.
- If babies have slept too long during the day they won't have enough sleep pressure built up for night time.
- Keep an eye on age-appropriate wake windows and early tired cues (zoning out, rubbing eyes, losing interest). Catching the right window often means longer, calmer stretches.

- Make the sleep environment calm and consistent
- Darken the room (blackout blinds), use steady white noise, and keep the temperature comfortable.
- The goal isn't perfection - just a consistent, peaceful space that supports good sleep.



Tip 5: Adapt and Adjust

- Adjust gradually as they grow
- Sleep needs change. When naps shift or milestones arrive, adapt bedtime and routine in small steps. Gentle, steady adjustments help everyone feel calmer and more in control.
- Offer choices for independence (Which pyjamas, which book).
- Calm activities only.
- Consistency is key!





You're doing better than you think.

Sleep isn't something to "fix" - it's something we nurture with patience and reassurance. Small steps add up.



About Hannah



I'm Hannah, a mum of three and a certified sleep consultant (Sleep Consultant Academy). Under the Wing was created to help families find calm, gentle sleep solutions that fit your child's temperament and your values. I work with parents all over Ireland - practical, evidence-based support that feels kind and achievable.



If you'd like personalised, gentle support
for your baby or toddler's sleep, you're
welcome to book a **free discovery call** on
my website.

underthewingsleepconsultancy.ie

Instagram:
[@underthewingsleepconsultancy](https://www.instagram.com/underthewingsleepconsultancy)

Helping babies sleep better so that you can too.

