



# Help for sleep problems

Babies 6 - 12 months



Easy English

## Hard words



This book has some hard words.

The first time we write a hard word

- the word is in **blue**
  
- we write what the hard word means.

## You can get help with this book



You can get someone to help you

- read this book
  
- know what this book is about



- find more information.

## About this book



Health  
and Human  
Services

This book is written by the  
Department of Health and Human Services.



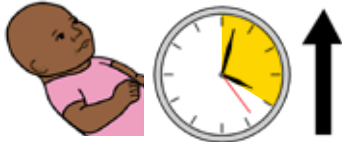
This book tells you about help for sleep  
problems in babies aged **6 - 12** months.

## Severe night waking

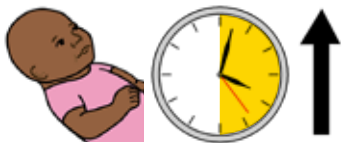


**Severe night waking** means your baby

- wakes up more than 3 times per night



- stays awake for more than 20 minutes



- takes more than 30 minutes to settle

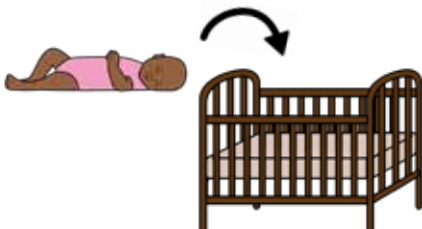


- needs to sleep in bed with you.



If your baby will **not** stop crying and you are tired

- take a break for 3 - 5 minutes



- put your baby in the cot where they can cry in a safe place.

You must rest and look after yourself too.

## Help with sleep concerns



To help your baby sleep make sure you

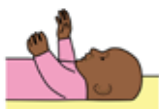
- notice the things they do when they are tired



- put your baby in the cot when you think they are tired



- keep the room dark and quiet every night.



- do things in the same order every day before sleep time.

For example

- feed
- play
- sleep.

## Parental presence



**Parental presence** can help your baby sleep.

Parental presence means you pretend to sleep in the room with your baby.



Make sure your baby can see you when you pretend to sleep. For example, lie next to the cot with a night light.



If your baby wakes up, make some noise so they know you are there.



If your baby does **not** go back to sleep

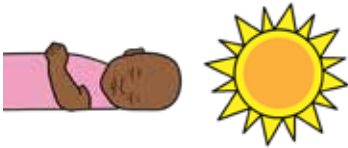
- do **not** pick up your baby



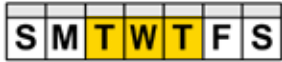
- try a gentle shush or pats



- after 2 minutes pretend to be asleep again.



You can use parental presence for day time naps too.



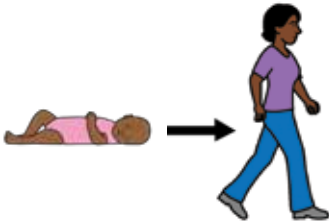
You can **stop** parental presence when your baby sleeps well for 3 days in a row.

## Camping out



Camping out means you

- stay in the room until your baby sleeps



- leave your baby to sleep on their own



- do **not** sleep in the room.



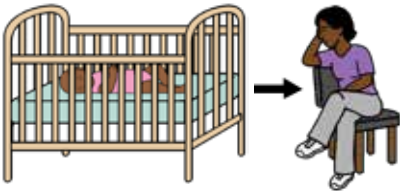
Use camping out in steps.



1. Try gentle pats until your baby sleeps.



2. Sit in a chair next to the cot until your baby sleeps - do **not** touch your baby.

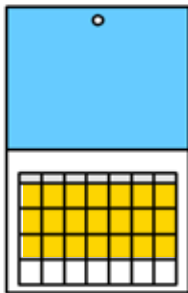


3. Move your chair a bit more away from the cot each day.



4. Move your chair outside the door.

Each step might take 2 - 3 days to work.

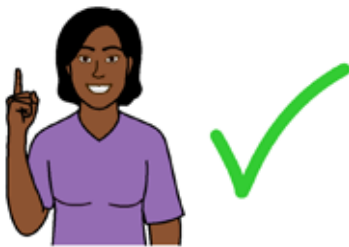


It might take 1 - 3 weeks for your baby to go to sleep without you in the room.

## Controlled comforting



**Controlled comforting** means you let your baby cry for a **short time** before you check on them.



You **must** know the right way to use controlled comforting or it will **not** work.



Talk to your Maternal and Child Health Nurse before you try controlled comforting.



You can get contact information at the end of this book.



## More information

For more information contact the  
Department of Health and Human Services.



Website

[https://www.betterhealth.vic.gov.au/  
healthyliving/Child-health-0-6](https://www.betterhealth.vic.gov.au/healthyliving/Child-health-0-6)

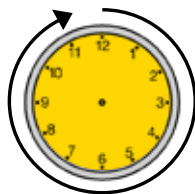


If you are worried about your baby

- contact your Maternal and Child Health Nurse
  
- call the Maternal and Child Health Line.



Call 13 22 29



The helpline is open 24 hours per day and  
7 days per week.



You can also see your doctor for more help.

## More Easy English

There are more Easy English books on our website about

- sleep for babies



- good sleep routines.



For information about safe sleep go to the Red Nose website

[rednose.org.au/resources/education](http://rednose.org.au/resources/education)



For information about getting to know your child go to the Raising Children website

[raisingchildren.net.au/toddlers/  
connecting-communicating/connecting/  
parent-child-relationships](http://raisingchildren.net.au/toddlers/connecting-communicating/connecting-parent-child-relationships)

**National  
Relay  
Service**

**If you need help to speak or listen**

You can use the National Relay Service or NRS if you need help to make a call.



Call the NRS help desk

1800 555 660



Go to the NRS website

[communications.gov.au/accesshub/nrs](http://communications.gov.au/accesshub/nrs)







To receive this publication in an accessible format email Maternal and Child Health and Parenting:  
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