



Welcome to Beauchamp Baby Consultancy!

At Beauchamp Baby Consultancy, we specialize in helping parents navigate the often challenging world of baby sleep. Founded and led by Francesca, a highly experienced maternity nurse, sleep consultant, and weaning expert, our mission is to empower families with the tools and knowledge they need for healthier, happier sleep routines.

Meet Francesca...

With an 18-year career caring for newborns to children up to five years old, Francesca has worked with thousands of babies, countless sets of twins, and triplets. Her work has taken her across London and worldwide, earning her recognition as an expert in sleep consulting, weaning guidance, lactation support and reflux management.

Francesca has guided hundreds of families through gentle sleep processes, resulting in well-rested babies and parents. Her philosophy is centered on your family's unique dynamics, offering tailored sleep solutions that align with your parenting approach.

How Francesca Can Help

As a sleep consultant, Francesca is committed to helping you establish **long-term**, emotionally healthy sleep habits for your little one. Whether you're dealing with sleep disruptions caused by reflux or struggling to manage feeding and sleep cycles, she has the expertise to provide sustainable, compassionate guidance.

At Beauchamp Baby Consultancy, we believe that every family deserves the gift of restful sleep and that no challenge is too big to overcome. Let Francesca guide you through this journey with care, patience, and expertise.

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Understanding the Science of Baby Sleep

Babies sleep differently than adults because they spend more time in active REM sleep, which supports brain development. Babies also have shorter sleep cycles (about 45-50 minutes) compared to adults. This means they're naturally more likely to wake up between cycles, especially if they rely on external help to settle.

The 4-month sleep regression happens when your baby's sleep matures. They begin cycling through light and deep sleep like adults, often waking more frequently. Whilst challenging, it's also a sign of growth.

To navigate this phase:

- Stick to a routine: Babies thrive on predictability.
- Practice putting your baby down drowsy but awake. This encourages independent sleep.
- Offer extra comfort if needed: Regression is temporary, and reassurance helps them adjust.

Awake Windows: The Key to Better Sleep

Awake windows are the periods your baby is awake between sleeps. Following an appropriate awake window helps prevent overtiredness, which can make it harder for babies to settle and stay asleep.



Age-Specific Awake Windows:

0-3 Months: 45-90 minutes

4-6 Months: 1.5-2.5 hours

7-10 Months: 2.5-3.5 hours

11-14 Months: 3.5-4 hours

Tip: Watch for sleepy cues like rubbing eyes, yawning, red eyebrows or fussiness to time naps effectively in more accurate correlation to your little one's unique window

Navigating Sleep Associations

Baby sleep associations are the conditions or habits your baby learns to rely on in order to fall asleep. These can include being rocked, nursed, using a pacifier, or even having a specific sound or light in the room. It's important to know that these associations aren't 'bad' or something you've done wrong—they're natural and reflect the ways you've been lovingly soothing your baby.

However, some sleep associations can mean your baby may need extra help to settle when they wake in the night. If you feel this is overwhelming or affecting your own rest, gentle strategies like 'Habit Stacking' can help your baby transition to independent sleep habits.

Habit Stacking works by gradually introducing new, comforting sleep associations to replace old ones, creating a bridge to self-soothing. See below...

Transition to Habit Stacking

Habit stacking is a step-by-step approach to guide your baby from relying on one sleep association to another, with kindness and patience.

Why This Works

This method honors your baby's need for comfort while building their confidence to fall asleep on their own. It's rooted in trust and consistency, helping your baby feel safe throughout the transition.

Step 1: Identify Current Sleep Associations

- Purpose: Understand what your baby currently relies on
- Action: Observe bedtime routines-do they need rocking, nursing, or a pacifier?
- Mindset: These are comforting habits, not bad behaviors

Step 2: Choose a New Sleep Association

- Purpose: Introduce a consistent, less-involved habit
- Action: Try patting, singing, or offering a safe comfort item if baby is 12+months
- Example: Add back-patting or soft humming while nursing or rocking

Step 3: Pair Old and New Habits

- Purpose: Help your baby associate the new habit with comfort
- Action: Use the new habit alongside the old one, like stroking their head during nursing
- Timing: Stick to this for a few nights to build a connection

Step 4: Gradually Reduce the Old Habit

- Purpose: Wean your baby off the old habit slowly
- Action: Decrease the time spent on the old habit-for example, less rocking

Step 5: Reinforce the New Habit

- Purpose: Shift your baby's comfort fully to the new habit
- Action: Once the old habit fades, focus on the new one

Step 6: Fade the New Habit (If Desired)

- Purpose: Encourage self-soothing
- Action: Gradually reduce the new habit, like patting or singing less each night
- Patience: Some babies need more time, and that's okay!

Step 7: Celebrate Small Wins

- Purpose: Stay motivated by recognizing the little wins!
- Action: Celebrate progress, like quicker bedtime routines or longer stretches of sleep!
- Mindset: Sleep training isn't linear-be kind to yourself...

Creating the Ideal Pre-Nap Routine

Creating a predictable pre-nap routine helps your baby transition smoothly into sleep. Steps for a calm nap transition include...

- Dim lights and reduce stimulation 10-minutes before nap time.
- Offer a quick feed or cuddle (for babies under 4-months)
- Change their nappy, sing a song and place them in a sleep sack
- Read a short book and tell baby a sleep phrase 'It's sleepy time now'

A consistent pre-nap routine helps your baby recognize when it's time to rest, making the process smoother when they are met with this every day.

The Bedtime Wind-Down Routine

A bedtime routine signals to your baby that it's time to transition into nighttime sleep. Follow these steps:

- Bath or wipe-down to relax your baby
- Gentle massage with baby-safe lotion
- Dim lighting to reduce stimulation
- Feed baby and try to keep them semi-awake when 4+months
- Place baby in their sleep sack, read a book, repeat the sleep phrase and begin settling

Consistency is key. A calming routine not only soothes your baby but also creates a special bonding time which, -when it's peaceful, all parties enjoy!

Tips for Long-Term Sleep Success

Long-term sleep success involves adapting to your baby's changing needs. Key tips:

- Babies thrive on predictable routines. Daytime routine changes every couple of months!
- Stay flexible: Adjust sleep schedules as your baby grows.
- Manage disruptions: Be prepared for sleep challenges during travel or illness