



A GUIDE TO MOVING AWAY FROM SLEEP ASSOCIATIONS

MEET FRANCESCA!

Maternity Nurse | Paediatric Sleep Consultant | Weaning, Reflux & Lactation Specialist & recognised by the International Association of Sleep Consultants

With over 18 years of experience, I've worked with thousands of babies, countless sets of twins, and even triplets, supporting families in the UK and across the globe. I specialise in newborn to five-year-old sleep, weaning, lactation, and reflux management. **My mission is simple:** to guide you through the challenges of sleep, ensuring your little one (and you!) get the rest you need. Sleep is about the entire family's well-being. If you're here, you're likely struggling with moving away from rocking your baby to sleep to help them learn that there are other lovely ways of dropping off into a slumber! I'm here to help you navigate them with confidence.

LET'S WORK TOGETHER!

Every baby is unique, and so is every family. While dropping the morning nap is a natural progression, how you do it **matters**. If you're struggling with sleep, I can guide you through this transition with a **personalised sleep plan** tailored to your baby's needs. With my years of experience, I've helped thousands of families achieve **peaceful bedtimes, uninterrupted nights, and well-structured daytime routines**.

 Book a consultation – www.beauchampbaby.co.uk/book-online

 Email hello@beauchampbaby.co.uk

 www.instagram.com/beauchampbabyconsultancy for sleep tips and guidance

The Gentle Transition Away from Rocking: Habit Stacking

Habit stacking is a step-by-step approach to guide your baby from relying on one sleep association to another. 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 dummy?
- Mindset: These are comforting habits, not negative behaviors

Step 2: Choose a New Sleep Association

- Purpose: Introduce a gentler, less-involved habit
- Action: Try rhythmic patting, singing, or humming
- Example: Add back-patting or soft humming whilst 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 singing while rocking or stroking their arm 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 or earlier unlatching during nursing

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. Pat their back or hum softly until they're calm in their crib/cot

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 progress even if small
- Sleep training isn't linear-be kind to yourself and your baby.