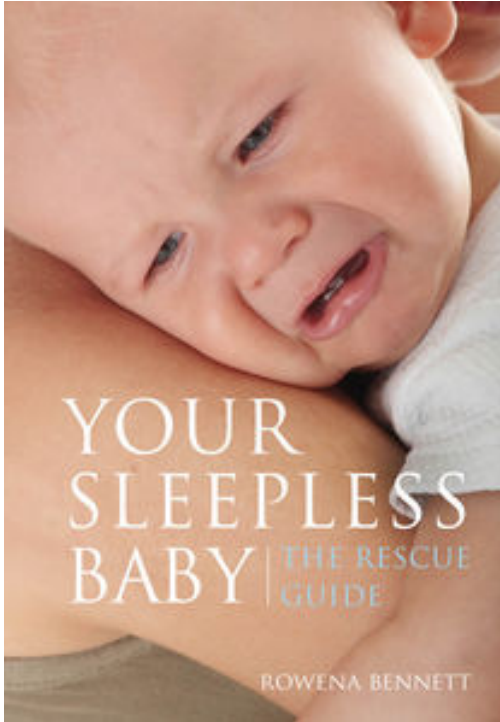


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To encourage a baby to become a "good sleeper" parents must support them to self-regulate sleeping patterns and stabilise their baby's internal body clock. Fail to provide the right support and you might find that promoting sleep and contentment becomes an exhausting and never-ending battle.

Babies are individuals and each family is unique. Solutions that what work for one, may not work for another. Rowena explains ways parents and caregivers influence their baby's sleeping patterns and behaviour... for better or worse.

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