

Sleep Tight Little One

By Dr. Lara Romero

Whether your child is two months old or 5 years old sometimes it can be a challenge to get them to sleep through the night. There are many factors that come into play and it can be a guessing game as to why they wake up just when you are getting into that dream state. I have a 3 ½ year old that has had a challenge sleeping on and off through the years.

There are many different theories about getting your child to sleep through the night. Cuddling with them until they go to sleep, having them sleep in your bed with you and your spouse or making them cry it out. Every family is different and what may work for one family may not work for another. The key is to keep trying things until something works and is comfortable for everyone involved. This can be challenging but there is always a solution to every problem.

One thing babies and children need is to feel safe and secure. They need to know that you are going to be there for them should anything happen. Our daughter had night terrors and it was pretty traumatic for all of us to hear her screaming in the middle of the night and not wanting to go back to bed. Kids grow out of this but it can be exhausting for the whole family should it go on for a long period of time.

Music is something that can help your child sleep through the night and feel safe and secure. There is a vibration to certain music and guided visualizations that can relax and calm the mind and help you sleep. It can even help adults that have a hard time sleeping as well. We have music playing all the time in our daughter's room. She sleeps through the night and takes naps everyday. When she wakes up from her naps she likes to stay in her room and play for a while before she comes out. When she wakes up in the morning she plays in her room until we come get her for breakfast.

Night terrors are real to children for their imagination is more vivid than ours. Children need respect and acknowledgement of their fears. Some helpful hints to this challenge: Go through the room with them before they go to bed and rid the room of any monsters, keep a night light on for them and let them know they are safe and secure with you in the next room. Play soft music for them to listen to before they go to sleep and keep it playing so if they wake up in the middle of the night they will have something to soothing to listen to. This can help them keep their mind off things and focus on the melody. Sweet dreams.