

# HAPPINESSMAMA

from striving to thriving

## Postpartum Bliss List: Favorite Baby and Toddler Sleep Tools and Resources

### 1. **Troublesome Tots Website** (changing name to Precious Little Sleep)

I have read many sleep books, but none of them compare to this excellent resource. Sleep expert Alexis Dubief combines smart, practical sleep wisdom with her sharp sense of humor. (I also like that we share a love of Outlander and Joss Whedon shows.) Her smart approach to helping baby sleep works really well, is gentle, and minimizes tears.

Check out her Baby Sleep Guides for each age group, accessible from the top menu bar. Also print out the Sleep Chart from the post “Baby Sleep: What is Normal?” It is a great chart that shows how much sleep babies need at various ages, including number of naps, length of naps, and total sleep.

When she started the blog she responded to almost every comment and question, and I highly recommend reading the posts and comments once you have your baby and have immediate questions. You’re sure to find someone who was in a similar situation, and you can read Alexis’ custom response. There is a Facebook group for discussion as well.

[Go to Website Here: http://www.troublesometots.com](http://www.troublesometots.com)

## **2. The Happiest Baby on the Block Video**

Dr. Harvey Karp demonstrates using the 5 S's to help newborns sleep: Swaddle, Side/Stomach, Shhhh... , Swing, and Sucking. It's wonderful to watch the babies go from crying to calm in just a few seconds. It's like magic. The video is far superior to the book because you can actually watch him do it, so you can quickly learn how to do it yourself. And it all really works. This is a must-watch video.

[Happiest Baby on the Block Video: http://amzn.to/1GpN87Y](http://amzn.to/1GpN87Y)

## **3. Arm's Reach Cosleeper**

This attaches to the side of a bed so baby can have her own space while being right there close by. This is great for having baby at arms reach for breastfeeding, while also letting baby have a safe space of her own. I used this for both of my daughters. It's also reassuring just being able to look over to check on baby in the middle of the night, rather than walk across the room or to another room.

[Arm's Reach Cosleeper: http://amzn.to/1d8bBas](http://amzn.to/1d8bBas)

## **4. SwaddleMe by Summer Infant**

Some swaddles have more of a learning curve than others. This swaddle is my favorite because it's so easy to get on and off. All you have to do is pull the bottom part over the legs and then the top wraps attach with Velcro. This one also comes in organic options.

[Swaddleme: http://amzn.to/1d8bHPo](http://amzn.to/1d8bHPo)

## **5. Graco Snugabunny Swing**

This swing is the one we used for my younger daughter. My daughter slept great in it, and we also used it to transition her into her bed. We moved the swing next to her bed for a few nights, also we went from the high speed down to the slow speed, to no swinging, to the bed. See [this post](#) on Alexis's blog in which she interviews Dr. Karp about using the swing. Note that the official stance of the American Academy of Pediatrics is not to use swings for baby sleep. Use your best judgment. I can say without a doubt that if I had another baby, I would use a swing again.

[Graco Snugabunny Swing: http://amzn.to/1BDcnIG](http://amzn.to/1BDcnIG)

## **6. White Noise Machine**

We use the Homedics Sound Spa on the Rain setting. My younger daughter is 3, and we still use it to help drown out other sounds during naptime. I used it with my older daughter until she was around 5, gradually turning it lower and lower. I noticed that Homedics now sells a baby version of their popular sound machine.

[Baby Version of Sound Spa: http://amzn.to/1SygSIB](http://amzn.to/1SygSIB)

[Homedics Sound Spa: http://amzn.to/1QldPA4](http://amzn.to/1QldPA4)

## **7. Fisher Price Rock N Play Sleeper**

Many people love this as a naptime sleeping option. Many babies love it because of the rocking motion and the cozy, swaddled feel. We ended up using it during meals so baby could be comfy while being close by, and it's nice that it's higher up than a bouncy seat.

[Rock N Play: http://amzn.to/1BCxYAI](http://amzn.to/1BCxYAI)

## 8. Halo Sleepsack

When baby gets too old for a swaddle, I put them in sleep sacks because they're safer than loose blankets and they also actually stay on the baby when they sleep. My favorite sleep sack is this one, which is made of organic cotton.

[Halo Sleepsack: http://amzn.to/1TDmUcn](http://amzn.to/1TDmUcn)

## 9. Carrier/Sling

Ideally you will put baby down drowsy but awake to help him or her learn to go to sleep, but if worse comes to worse and you need baby to nap, and this is the only thing that works, many babies do like sleeping in slings or carriers. And they come in really handy for crowded places like the Aquarium or when you don't want to push a stroller. (Note: I advise against using a Baby Bjorn. The position is not good and can lead to hip dysplasia. Also they are not comfortable when baby gets bigger. To read more about proper positioning in a carrier to prevent hip dysplasia, go [here](#).) Here are links to some good carriers:

[Boba Baby Wrap: http://amzn.to/1GqMwiw](http://amzn.to/1GqMwiw)

[Boba 4G Carrier: http://amzn.to/1I6fBW6](http://amzn.to/1I6fBW6)

[Maya Wrap Lightly Padded Ring Sling: http://amzn.to/1BDafR7](http://amzn.to/1BDafR7)

## 10. Cardboard or Black Out Curtains

Making sure the room is really dark is one of the most overlooked keys to good baby and child sleep, in my opinion. Do what you can to make sure the room is dark. I have used black out curtains in the past, but you still have to tuck fabric on the sides or wherever light comes in between the wall and the curtain. My favorite solution is to cut cardboard to fit your window. You can paint one side white or the same color as your house so it doesn't look tacky from the outside.

They will stay for a while just pressing it into position, if you measure and make it slightly larger than the opening. If it starts to warp and fall out, you can use masking tape to hold it in place. Ours are hidden by blinds that we keep closed.

[Black Out Curtains: http://amzn.to/1LqijEz](http://amzn.to/1LqijEz)

### **Bonus: Breathable Bumper**

These are great for making sure baby doesn't get her arm or leg caught through the bars of the crib, while still being a safe option. (Normal, decorative crib bumpers are not safe and should never be used.)

[Breathable Bumper: http://amzn.to/1RjM4bP](http://amzn.to/1RjM4bP)

Important: This list of resources is a collection of the best tools and resources that I found to help my babies sleep. This is not medical advice. Use your best judgment and consult your pediatrician as needed.

Affiliate Links: Some of the links in this list are affiliate links, which means that if you click on the link and make a purchase, I may receive a commission *at no cost to you*. Thank you for helping support my work so that I can help and support mamas in living their happiest lives.

Dear Beautiful One,

I hope you find this list helpful! This is the list I wish I had found before I had my babies. If you have any questions or comments, please contact me at [heather@happinesmama.com](mailto:heather@happinesmama.com) or visit my website, [www.happinesmama.com](http://www.happinesmama.com).

If you would like in depth support in preparing for your baby's arrival, I am available as a consultant. Some of the areas I can support you in are preparing to use cloth diapers, deciding what products and services you *really* need to prepare for life with baby, and setting yourself up for breastfeeding success.

I am also a Mama Bliss Coach, offering one-on-one coaching sessions to support you in creating your happiest life. I offer a free 15-minute discovery session so that we can get to know each other a little bit and decide if we'd like to work together. Email me, or go [here](#) for more information.

If you have any comments or suggestions about this list of resources, or if you'd like to let me know other topics you'd like me to write about, I'd love to hear from you!

I wish you many nights of good, long sleep for you and your baby.

*Love, Heather*