

Appendix 1. Topics covered at the antenatal group session for the Sleep and Combination groups

Why sleep?

- Critical to a child's development, health and quality of life
- Good for parents' wellbeing and more

What's normal

- Waking frequently during the night
- Active and quiet sleep cycles
- Sleeping through the night – a milestone to look forward to
- Babies can learn their sleep routines
- Babies need to be given a chance to learn to settle themselves
- Some babies learn easily – others need more help

Healthy sleep patterns

- Try to set some limits on 'handling' of baby
- Establish some regular pattern
- Notice and act on baby's tired signs early
- Darken sleeping place day and night ('cue' for sleep time)
- Try to put baby into their bed awake
- Give baby a brief chance to settle by themselves/learn to go to sleep on their own
- Keep night time quiet time – no 'play'

Safe sleeping

- Own sleep place in your room
- On back
- Clean firm tightly fitting mattress
- Keep cot clear of "extras"
- Co-sleeping is unsafe
 - If mother smoked in pregnancy
 - Adults (either) have been drinking, taking drugs, sedatives
 - Baby is less than 3 months old (for smoking and non-smoking mothers)

Looking after yourselves

- Your rest and sleep is important too
- Try to get a rest/sleep during the day
- Meals in freezer
- Limit visitors and looking after them
- Accept offers of help
- Go to bed early...soon after baby