

Hi there! I know it can be tough when you're going through the 4-month sleep regression. But don't worry, I'm here to help you understand how to get past it like a pro!

First things first, let's talk about what's happening. At around four months old, babies go through a growth spurt and their sleep patterns may change. This might mean they wake up more often during the night or have trouble falling asleep.

One way to help you get through this is to create a bedtime routine. This could include things like a warm bath, reading a bedtime story, and gentle lullabies. Having a consistent routine can help signal to your body that it's time to wind down and get ready for sleep.

Another tip is to make sure your room is a comfortable sleep environment. This means keeping the lights dim, using white noise to block out any loud sounds, and ensuring the room is at a comfortable temperature.

Lastly, be patient and give yourself grace. It's normal for babies to go through sleep regressions, and it's important to remember that this phase will pass. Remember to take care of yourself too, get some rest when you can, and ask for help if you need it.