# Early Parenting Expert Warns Against Common Bedtime Mistakes and Recommends Love to Dream Sleep Suits



Early parenting expert Jen Hamilton, CEO and creator of the WOT Baby Method, has shared insights with Daily Mail Australia about common bedtime mistakes made by parents. According to Jen, techniques such as patting or rocking might overstimulate children rather than soothing them to sleep. She noted that as babies grow, these methods can become less effective and more stimulating.

Jen also highlighted the challenges of settling older children, mentioning that indecision and inconsistency during bedtime routines such as prolonged negotiations or multiple requests for water can also lead to overstimulation. She emphasized the importance of a consistent bedtime routine to help children understand and adapt to bedtime expectations.

With winter approaching, Jen recommended the Love to Dream sleep suits for keeping children warm. The brand has launched a new Merino wool collection, which includes sleep suits and sleeping bags made with organic cotton lining and a 30% Merino Wool fill. These products are designed to keep children comfortable and warm throughout the night without the need for blankets, which are not recommended for very young children due to safety concerns.

The Love to Dream range is catered for babies from six months old and includes sizes up to a size 4 for older children. These sleep suits allow for freedom of movement, making them practical for when children wake up and move around.

Lastly, Jen advised against overstimulating play before bed. Instead, she recommends quiet play to help establish a calm environment conducive to sleep. This clear distinction in activity can help signal to children when it's time to rest.