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your child to take a long time to settle when you first start. You can use strokes or pats instead of kisses if your child sleeps in a cot and you cannot reach them to give them a kiss. Follow a regular calming bedtime routine. Put your child to bed when

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they're drowsy but
awake, then kiss
them goodnight.

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think your baby's
sleep troubles are
solved, it's likely
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regress back to the

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