

PARENTING AFTER BEDTIME

Real Talk for Tired Parents



Bump to Babe Doula and Sleep Services

Thursday, October 30, 2025

Bump To Babe Doula and Sleep Services

Vol.1



Falling Back Without Losing Sleep

Daylight Saving Time ends on Sunday, November 2, and that one-hour "falling back" can throw off little ones' routines! Keep naps and bedtime the same on Saturday. On Sunday morning, treat 6am like 7am. Try to keep your baby / child in the dark or calm until the new wake-up time, even if this means quiet cuddles or feeding in dim light. Get outside early - morning sunlight helps reset the internal clock. Stick to your regular bedtime routine for comfort and predictability. Within a few days, everyone will be back on track - and a little more rested.

New Infant Sleep Package

The newborn stage is beautiful - and exhausting. Sleep support helps you understand what's normal, build healthy habits early, and feel confident through every sleepless stretch.

Includes:

- Prerecorded exclusive video on foundations of healthy sleep
- One on one "Ask me Anything" call focused on sleep shaping, bedtime routines, wake windows and tummy time activities

Newborn to 4 months sleep shaping package - Now Available.

<https://bump tobabedoula.com/infant-sleep-package/>



DADVICE BLOG #1

"WILL I LOVE MY SECOND CHILD AS MUCH AS MY FIRST?" - WRITTEN BY MATT

I was perplexed by this question when I first heard that a couple of dads had asked it as they prepared for the arrival of their second child. Looking back on the anticipation for our second child's arrival, I don't ever remember being worried about not feeling the same joy and excitement for our second son as I felt when we had our first son, Braden. [Read More Here](#)