



AWARD FOR FORD

'I was lucky; all of mine were good sleepers from a couple of months old, thanks to Gina Ford's book, which I swear by. But I also found popping a piece of my clothing (that I'd been wearing so it had my smell) into bed with them always helped settle them if they were upset. One of my girls wouldn't part with her muslin so giving that a light spritz of my perfume worked almost as well.'

Fay, mum to Rozina, 15, Parissa, 12 and Eliza, ten; @faychaudhry

The Complete Sleep Guide

for Contented Babies and Toddlers

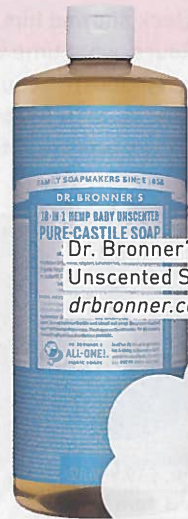
The Complete Sleep Guide for Contented Babies and Toddlers, £8.32, amazon.co.uk



SUPER SOAP

'My boys sleep better if they've had a pre-bedtime bath. I love Dr. Bronner's mild baby soap, because it's gentle on their skin and better for the environment due to its 100 per cent recycled packaging (so I sleep better, too!).'

Frankie, mum to Logan, four and Angus, 11 months; @frankiesmail



Dr. Bronner's Baby Unscented Soap, £7.69, drbronner.co.uk

LET IT GRO!

'We couldn't live without Grobags, which keep babies covered without the need for blankets. We discovered these sleeping bags nearly seven years ago when my eldest was a newborn. Such a game-changer! We kept them all and are now using them for our youngest. Although washed numerous times, they still look as good as new!'

Heidi, mum to Morgan, six and Isabelle, one; @heidi_howlett_blog



Grobag twin set, £44.99, gro-store.com