Sleep Solutions

1. Self calming
2. Getting your child to sleep
3. Maintaining sleep

- This presentation is based on changing behaviors, both the parents and the child’s.
- IF these strategies do not work, SEEK MEDICAL ATTENTION.

Self Calming

- Life long skill
- Helps us learn to sleep
  * calming initially when I am put down
  * put myself back to sleep in the middle of the night
Calming

- Learn your babies' cries
  - Mad
  - Calming
  - Fussy

Calming

- Day time calming
- Birth-4 months
  - Go to your baby!!!
- 4-6 months
  - Wait time
- 6-15 months
  - Practice leaving the room

Calming

- 15-36 months
  - Mad cry to sad cry
  - Communication frustration peaks
  - When you are quiet

Typical Sleep

<table>
<thead>
<tr>
<th>Age</th>
<th>Number of Naps</th>
<th>Naptime Hours</th>
<th>Nighttime Hours</th>
<th>Total Sleep</th>
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<tbody>
<tr>
<td>1-3</td>
<td>3</td>
<td>3-7</td>
<td>9-11</td>
<td>15-18</td>
</tr>
<tr>
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<tr>
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<td>2</td>
<td>3 1/2-4</td>
<td>11-12</td>
<td>11-15</td>
</tr>
<tr>
<td>9-12</td>
<td>1-2</td>
<td>2-3</td>
<td>11-12</td>
<td>11-14</td>
</tr>
<tr>
<td>2 Years</td>
<td>1</td>
<td>1-3</td>
<td>11-12</td>
<td>12-15</td>
</tr>
<tr>
<td>3 Years</td>
<td>1</td>
<td>1-2</td>
<td>11</td>
<td>11-13</td>
</tr>
</tbody>
</table>
### When to Get Started

#### 0-3 months
- Developing own cycles
- Learning life outside of the womb
- Meet all needs

#### 3 -5 months
- Good time to begin routines
- Don't cry it out
- No expectations of self calming
- Wait time
- Developing ideas of response

### When to Get Started, cont.

#### 6-7 ½ months
- PERFECT TIME!
- Learning environment around them
- Ready to move from swaddling
- Object permanence

### When to Get Started, cont

- 8-10 Months
  - NOT a good time

- 11-16 Months
  - Good time
  - Routine

### When to Get Started, cont.

- 17-21 months
  - Not the best

- 22-36 month
  - Good time
  - Calm, self-secure
Getting Your Child to Sleep

- ALL CAREGIVERS MUST BE READY TO TACKLE
- PATIENCE, PATIENCE, PATIENCE
- CONSISTENCY, CONSISTENCY, CONSISTENCY

- You aren’t sleeping much now anyway, give it a couple more weeks, or nights depending on what you choose is best method for your family

Getting Your Child to Sleep

- Write down sleep/eat patterns
- Start with what is successful

- WE DO NOT WANT TO BECOME OUR CHILDRENS PACIFIERS
- WE DO NOT WANT TO BECOME OUR CHILDRENS PACIFIERS

Cry It Out

- Faster
- Harder
- Establish good bedtime routine
- Plan on lots of crying
- Be consistent

No Cry Method

- Longer but gentler
- Safe bedrooms
- Happy bedrooms
Nursing to sleep
- Goal: Do not let your child fall asleep on the breast or bottle
- Sleep, Eat, Awake
  - Watch eating patterns
  - Remove from bottle when pattern slows
  - Place child in bed

Rocking to sleep
- Self Soothing during the day
- Routines
  - Do not give up rocking!
  - Routines happen in the bedroom
- Baby falling asleep on Mom
  - WHERE ARE YOU NURSING/FEEDING
  - Introduce item between Mom and baby
  - Baby in bed less and less asleep

Sleeping with your baby
- Sleeping with baby
  - Lay with baby on mattress on floor
  - Place item between Mom and baby
  - If baby needs it, place your hand on his back
  - Move to a sitting position
  - Gradually move yourself to the door
  - Once this is mastered, place the baby on the bed more and more awake

Not laying still
- Toddlers
  - Same routine
  - Lay down quietly while I go to the bathroom and Mommy will come back
  - Longer and longer until self sleeping
  - Sit and read
Ferritin
Melatonin
Blue light

Maintaining Sleep
- Self soothing helps
- Revisit list of sleep/eat patterns
- Daytime eating
- Snack before bed?
- Environment. Pacifiers?
- Pre-established routines

Maintaining Sleep, cont
- Crying or fussing?
- Crying the first four months
  - GO TO THE BABY
- Cry it out method
- 4-24 months
  - Count to ten before you go
  - What cry?
  - Night time routine revisited

Maintaining sleep, cont.
- 24-36 months
  - What kind of crying?
  - REVISIT PLAN THAT WORKED FOR YOU
  - Out of crib
  - Practice leaving the room
  - Reward in the morning
  - WAKETIME