

Sleep Solutions
By Lori D. Arndt, MSE



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

Age	Number of Naps	Naptime Hours	Nighttime Hours	Total Sleep
1-3 Months	3	5-7	9-11	15-18
4-6 Months	3	3-4	10-11	12-15
6-9 Months	2	2 1/2-4	11-12	11-15
9-12 Months	1-2	2-3	11-12	11-14
2 Years	1	1-3	11-12	12-15
3 Years	1	1-2	11	11-13

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
