



PEDIATRIC SLEEP COACH +
CHILD DEVELOPMENT SPECIALIST
unlocking your child's potential

Helpful Reminders

- It can take several days to a week or two to see results of your child taking longer naps and stretches of overnight sleep. If you are CONSISTENT with these methods then you WILL see results! If you work on this for 1-2 nights and then the 3rd night decide to bring baby into bed with you, rock baby to sleep, or feed baby to sleep every time they wake you will most likely not see results
 - Keep track of how many oz your baby is consuming during the day so that you can confidently trim down overnight feedings. 90% of the time your baby is waking during night to be soothed back to sleep vs. actual hunger. By 5-6 mos your baby is physiologically able to go 10-12 hrs without an overnight feeding
- *please make sure to check with your pediatrician that your baby is ready for this step
- Remember- you are teaching your child a new skill and it takes time and consistency from you!

Newborn (3-5mos) Tips & Tricks For Independent Sleep

Setting the foundation for consistent, longer naps and longer stretches of overnight sleep

Establish a schedule

- Establish feeding times with appropriate feeding windows, minimize "grazing" and feeding to sleep. Don't forget to change nipple size/flow if bottle feeding as child gets older
- Establish appropriate wake windows for naps based upon your child's age. Don't be discouraged by "cat naps" before the age of 5 months as this is normal

Establish area for sleeping

- Naps and overnight sleep should ideally be in baby's crib or bassinet to establish a set sleep routine. No contact napping!

Create an ideal sleeping environment

- Block out all light (test to make sure room is pitch black even for naps)
- White noise machine during naps/overnight sleep
- Room set to 68-70 degrees
- Swaddle, sleep sack depending upon season
- Lovies are wonderful for creating a positive sleep association and can help with self soothing. Good to Grow recommends Angel Dear lovies available on Amazon
- Overnight sleep should be in baby's crib/bassinet. By 4-5 mos. baby should be sleeping in their own room to minimize noise, distractions

Put baby to sleep awake for naps/bedtime

- The key to your baby connecting sleep cycles is teaching them to fall asleep independently. This way they will learn to fall back asleep each time they wake during naps, middle of night thus sleeping longer!
- Rock, sing, hum, for a min or two before each nap/bedtime but not to drowsy or asleep
- Baby should be fully awake when put down for nap/overnight sleep. Rub baby's tummy a couple seconds and say "time for night night" then walk out of room
- Continue to walk in, rub baby's tummy for timed intervals (5, 10, 15 mins) or (2, 4, 6, 8) until baby falls asleep. If you want to cap out your time at 10 mins, or 5 mins, that's fine
- Naps: if baby wakes earlier than 50 mins, don't go to them immediately. Set a timer and wait to see if they settle back. Do timed interval check-ins rubbing baby's tummy until they go back to sleep
- Overnight: your baby should ideally only be waking 2-3 times ages 3-5 mos for overnight feedings. Establish those time based upon feeding windows and only feed during those times. Take baby out of crib, no talking, lights off, feed baby and put to sleep awake (drowsy if needed during overnight). Continue with timed intervals of rubbing baby's tummy for a couple of seconds every 5, 10, 15 mins until baby falls asleep.
- If baby wakes during non-feeding times during the night, set timer for 5 mins (or whatever time you feel comfortable) and continue with timed intervals until baby falls asleep