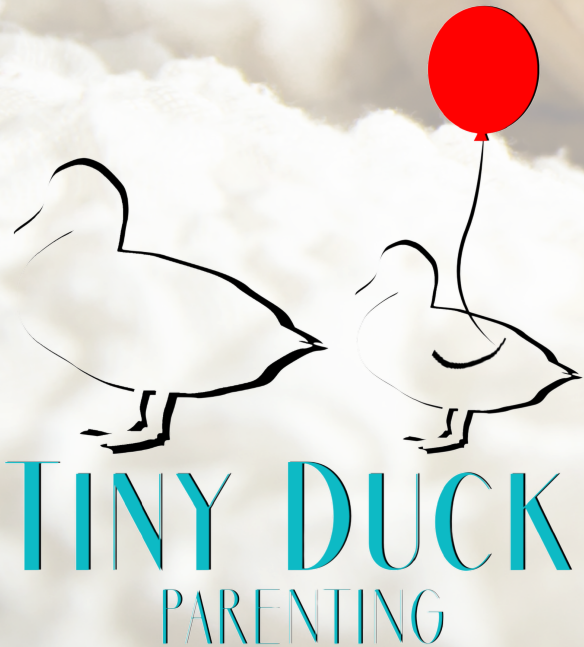


Infant Sleep

Jennie Boone, Tiny Duck Parenting



Presented By:

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BABY®

MOMMY
MINGLE

***please mute yourself during the presentation to avoid background noise, thank you!*

My Duck Parenting 2021

Jennie Boone, Tiny Duck Parenting

I am an infant, toddler and child sleep specialist and founder of Tiny Duck Parenting. Along with a Bachelor of Science in Child and Adolescent Studies, I am a certified sleep consultant and behavioral specialist.

My career in sleep coaching began as I saw the desperate need families have for more quality time with their child, more time in the day and more sleep at night.

When I'm not helping families get more sleep, I enjoy hiking with my family, traveling and online shopping!

** I will take questions at the end, please type any questions you have in the chat box throughout the presentation

Sleep is Instinctual



Safe Sleep

- Flat, fitted, and empty crib
- No lovey until 12 months
- Place baby on back
- No bumpers, blankets, pillows



Sleep 101-Sleep Basics

- Room Conditions-
 - Very dark room- usually requires blackout shades and curtains
 - White noise machine-mimics sound of the womb
 - Cool temperature- if baby is sweaty, it is too hot. Ideally between 68-72 degrees
- Do not feed to fall asleep
- Establish clear and predictable routine- babies and children thrive when their life is predictable and clear!



What Does Sleepy Look Like?

- Red eyes and/or eyebrows
- Yawning
- Rubbing Eyes
- Cuddling and wanting to suckle
- Zoning out
- Overly cranky





Establishing Awake vs. Asleep

- Help establish your baby's circadian rhythm by making a clear distinction between awake and sleep time
- When it is time to wake up turn on bright lights or open shades for natural light. Use an engaging fun and peppy voice, consider having a fun wake-up song or phrase "It's time to wake up, I hope you had a great sleep!"
- When it is time to sleep, dim the lights, create a relaxing environment, use a calm and soothing voice, avoid eye contact

Leaky Diaper

- If your child wakes with a leaky diaper or is soaked through, that might impact sleep.
- Size up 1-2 sizes
- Try diaper liners
- Change diaper after dream feed or before you go to bed

Naptime

- Naptime is equally important to night time sleep
- Uses a different part of the brain
- If your baby wakes constantly in the middle of the night, they might need help with better/longer naps
- Follow consistent routine similar to bedtime



Wake Windows

AGE	WAKE WINDOW	# OF NAPS
0-4 WEEKS	45 MINUTES	4-5
1-2 MONTHS	60 MINUTES	4-5
3-4 MONTHS	90-150 MINUTES	3-4
5-6 MONTHS	2-3 HOURS	3-4
6-8 MONTHS	3-4 HOURS	2-3
8-12 MONTHS	3-4.5 HOURS	2

How Much Sleep?

Age Group		Recommended Hours of Sleep Per Day
Newborn	0–3 months	14–17 hours (National Sleep Foundation) ¹ No recommendation (American Academy of Sleep Medicine) ²
Infant	4–12 months	12–16 hours per 24 hours (including naps) ²
Toddler	1–2 years	11–14 hours per 24 hours (including naps) ²
Preschool	3–5 years	10–13 hours per 24 hours (including naps) ²
School Age	6–12 years	9–12 hours per 24 hours ²
Teen	13–18 years	8–10 hours per 24 hours ²
Adult	18–60 years	7 or more hours per night ³
	61–64 years	7–9 hours ¹
	65 years and older	7–8 hours ¹

Bedtime Routine

- From the start it is great to establish a clear and concise bedtime routine.
- Example might look like-
 - Tummy time
 - Bath time
 - Nursing
 - Pjs and swaddle or sleep sack
 - Books- dramatic reading vs. bedtime reading (2 short or one long book)
 - Goodnight- song, affirmations, best part of the day



Secret Equation!

This is the golden ticket and the secret sauce-

Put your baby down drowsy but awake!

0-3 Months

- Your baby isn't developmentally ready for sleep training, this time is all about establishing a reliable and consistent attachment
- Baby does not know they are a separate person from you at this stage
- Baby only understands comfort vs. discomfort
- Calm and regulate your Autonomic nervous system which will calm and regulate baby's nervous system
 - The **autonomic nervous system** is a control **system** that acts largely unconsciously and regulates bodily functions, such as the heart rate, digestion, respiratory rate, pupillary response, urination, and sexual arousal. This **system** is the primary mechanism in control of the fight-or-flight response.
- Dr. Harvey Karp's 5 S' to Soothe a Baby-
 - Swaddle-This helps comfort baby and keep their startle reflex calmed
 - Side-stomach position- Hold baby on your arm and soothe them as they calm
 - Shush-This sounds similar to the womb and in and out breathing slows baby's heart rate
 - Swing-Slow calm movement supporting baby's head
 - Suck-Sucking is one of the primitive reflexes that your baby has. Having started practicing in your womb as a 14-week-old embryo, use finger, breast, bottle, paci

3-4 Months

- Around 4 months your baby starts to develop sleep cycles
- Might get distracted during feedings- take to calm, dim room
- Sleep Routine is beginning to solidify
- This is the best time to ditch sleep props and make sure baby can fall asleep independently
- When baby begins to roll, switch to sleep sack
- As you begin to feed less at night, know you might need to pump to maintain milk supply



Sleep Cycle



Sleep Props

- Pacifier
- Car Seat
- Stroller
- Feeding
- Being held



Reverse Cycling

- This is when a baby eats more at night than during the day. This can typically happen as Mom goes back to work and when baby becomes more active and distracted during the day.
- How to Avoid Reverse Cycling
 - Ensure baby is feeding enough during the day
 - Introduce a bottle with family members or partner
 - Avoid later afternoon naps





Dream Feed

- This is feeding baby while sleeping vs. baby waking, then crying to be nursed
- Best to do dream feed approximately 3 hours after bedtime
- Quietly pick up sleeping baby, offer bottle or breast
- Sit upright or lightly burp for 5 minutes
- Put back to sleep
- If baby wakes- change diaper to break up the feeding/sleep association

Sleep Training

- Make sure developmentally ready- check in with pediatrician- 4 months is usually the time to start
- Secret sauce- Put to sleep drowsy but awake!
- Set timer on your phone when you leave the room if crying begins
 - Allow to self soothe for 5-8 minutes before checking in
- During check in:
 - Remember baby picks up on your energy
 - Soothe with weight of hand on chest and shhh for 30 seconds, then leave the room
 - Crying might escalate as you leave, but set the timer

6-9 Months

- The older your baby gets the harder to sleep train it will be. If you haven't trained yet, this is the time!
- This is a great time to ditch the pacifier
- If sleep training now, timer can be set for 8-10 minutes in length





9-12 Months and beyond

- Might need a “sleep training renaissance”
- Babies/toddlers of this age understand their cry can lead to being held, or fed, or not going to bed!
- Child might want to stray from routine or might feel they need help, try to avoid soothing for them, give them the time and space to soothe

Favorite Products

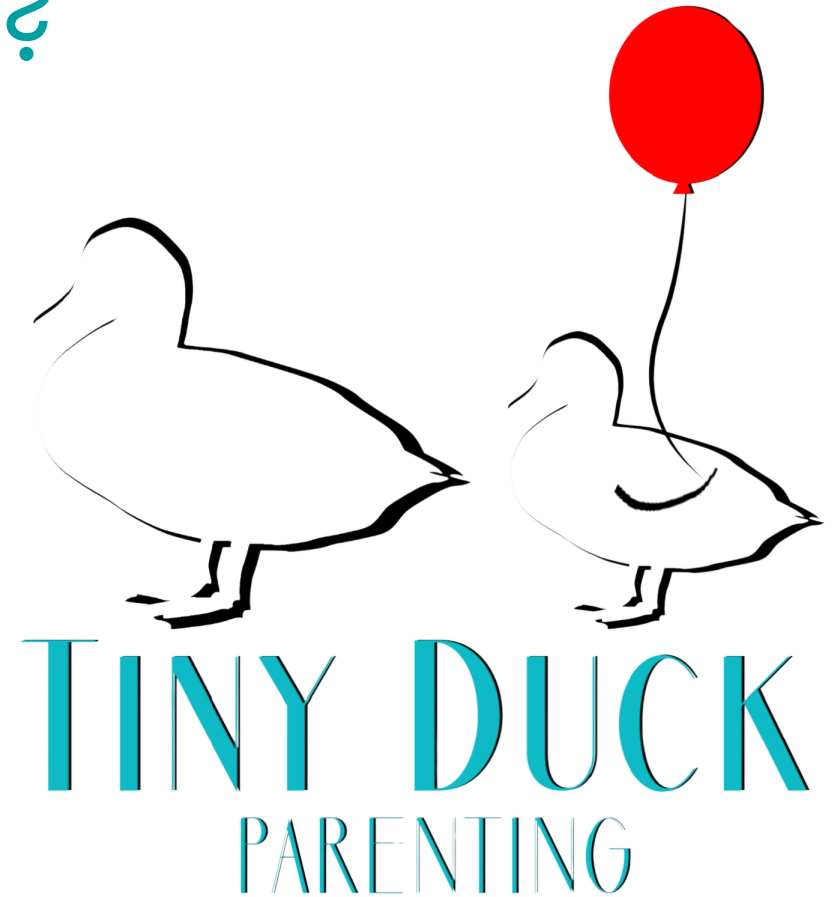
- Traveling white noise machine-Hushh
- White noise machine- LectroFan
- Sleep sack- The Halo and Love to Dream

Questions?

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www.tinyduckparenting.com

\$50 off 7 day sleep program by
mentioning this class!



Thank you!

Thank you to Mommy Mingle and buybuy BABY for hosting the Infant Sleep Course. You will receive an email with the Mommy Mingle Idea Board of Products which were discussed in class today as well as my information for additional questions or services. Please allow 5-7 business days for My Funds to be credited into your buybuy BABY email account

