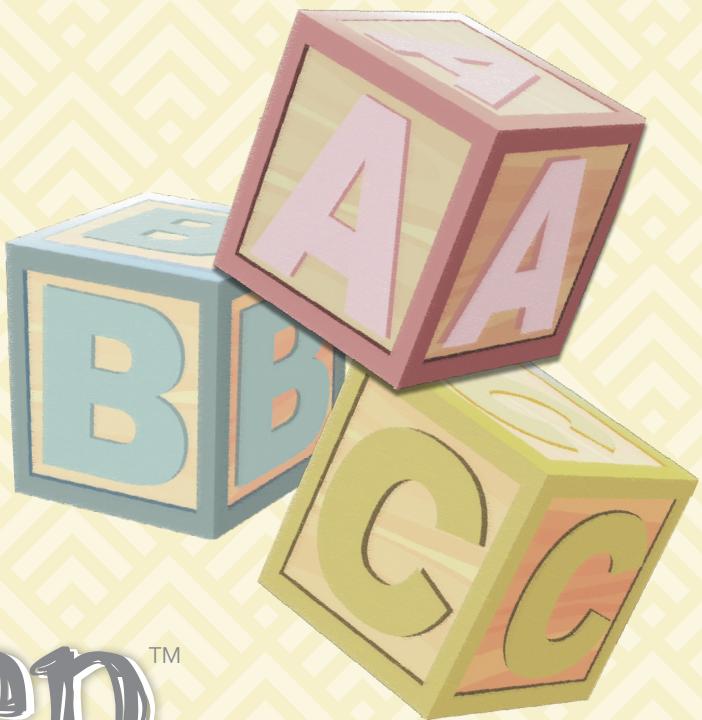




The ABC's of SleepTM

Your Baby Boy's Sleep Plan



BEFORE YOU BEGIN:

Listen, I know you're too tired to read this entire document. Just hit **PLAY** on your video. However, I **HIGHLY** recommend printing this entire document as it will be your guide in the months ahead. If you are hesitant to print the whole thing, the most important pages to print are 15, and 34-47 to chart your baby's progress.

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The Roller Coaster Analogy

It makes me sad to hear a baby cry. I don't take any pleasure in it whatsoever. You probably don't either! I don't believe in just letting a baby scream all alone without any reassurance. I do, however, believe babies need sleep. I do believe sleep is a learned behavior. I do believe that if given the time and tools, babies will learn to become great sleepers.

My Method

My method is not just about the crying. Sure, there WILL be crying. Babies communicate through crying, and when we change a familiar routine, they may protest. Please understand that a baby crying in protest is NOT equivalent to a baby crying in harmful, painful distress.

We will be monitoring the length of the crying, but more importantly, we are monitoring the baby's BEHAVIOR while crying. We are looking for behaviors that promote sleep.

What do "sleep-promoting behaviors" look like? Well, it's different for every baby, but some common traits include:

- gently sucking on his hand or thumb
- placing the pacifier into his mouth
- gently moving his head/body side to side
- kicking his legs or waving his arms
- nuzzling the blanket
- "talking" or humming to himself

These are the actions we are looking for during the crying. These are the things that tell us that your baby is on his way to success.

Worth It All

So, yes, you will hear your baby scream and yell. This is the top of the roller coaster. Continue to watch: he will come to the bottom of the roller coaster and look for ways to calm down and go to sleep. This is what we consider "worth it all". These actions found at the bottom of the roller coaster are linked to your baby learning to sleep. Over the next week or two, your baby will spend less time at the top of the roller coaster and more time at the bottom of the roller coaster. Fairly soon, your baby will hit the top of the roller coaster less often and it will even become rare in association with sleep. Within a week, your baby will spend most of his time at the bottom of the roller coaster. Soon, your baby will learn the skill of sleeping and actually look forward to restful nights. Yes, REALLY!



The ABCs of Sleep



Addressing Issues Before You Begin

Parents, your lives are about to be forever transformed for the better. Sleep is life-changing for the entire family. When parents commit to following this sleep plan for 14 nights, babies sleep! I have a 98% success rate in helping babies sleep 10-12 hours each and every night for babies over 5 months of age.

Wait! I know what you're most likely thinking. *My baby will be in the failing 2% range.* I'm willing to say that if you commit, heart and soul, for the next 14 nights you will see a **HUGE** improvement in your baby's sleep. Typically, when this sleep plan fails, an underlying medical problem is present. If your pediatrician gives you the clear to work on your baby's sleep, this plan will work for your baby. **So, here we go:**

Environment

For these first 14 nights, your baby needs to move to his own room in his own crib. Room sharing during this process greatly reduces the success rate. (If he does not have his own room, see page 51.)

Please commit to keeping your baby in his own room for the entire night.

*The American Academy of Pediatrics recommends room sharing for the first year. If you would like to room share once your baby is sleeping really well, you can move the baby back into your room. This is a personal decision made by each family. Do what is "right" for you and your baby.

Make the room cool, but comfortable. (Discuss with your pediatrician the exact temperature, but if you're comfortable, he probably is too.)

If your baby is used to sleeping in a Rock 'N Play, Pack 'N Play, or DockATot, now is the time to transition him to his own crib. On Night 1, he will begin sleeping in the crib.

Safety

Put his mattress in the lowest position possible. Remove any stimulating/unsafe items from the crib (mobiles, toys, etc.).

Lovies

If your baby is attached to a small stuffed animal, "lovie" or blanket, he may continue to have this with him while he is in his crib. If he does not have one that he is particularly attached to, you can assist him in this process. Having a special "blankie" isn't required, but I do see it as a helpful tool during the night. Only use it if you are comfortable with him having it in the crib. (For example, a 12 inch by 12 inch Muslin blanket or small blanket with stuffed animal head attached.)

To begin helping him attach to a small blanket, hold it next to you every time he nurses, takes a bottle, or rocks/snuggles over the next week. Always use the same item and always place it in his crib with him when sleeping. Also, feel free to give it to him while he is in his car seat. Over time, he may begin attaching a feeling of fondness or security to this item and it will actually be a helpful tool in the night.

Light

Make the room dark. At this age, babies don't have a fear of the dark. Light is simply a stimulation that prevents deep sleep. Darkness is key for nighttime sleep. Blackout blinds over windows are fabulous, but dark sheets taped over the windows are perfectly acceptable too. (Remember, they need to be a safe distance from the crib.) Please turn off all night-lights.

Bedtime

Set a goal bedtime. (The goal bedtime is the time your baby is in the crib and you leave the room.) **Bedtime is between**

7:00-8:00pm. NO LATER! This is very important to prevent the "second wind". Babies have a "sweet spot" bedtime. It is during this time that going to sleep is the easiest and happens the fastest. This "sweet spot" time is usually between 7:00 and 8:00pm (I even prefer 7:00-7:15pm for the most success).

After approximately 8:00pm, babies receive a surge of cortisol, the stress hormone, giving them a boost of energy. This makes going to sleep and staying asleep very difficult even though they are absolutely exhausted. Please help them avoid this on a regular basis.

Sound Machines

Sound machines are helpful for soothing babies and keeping them asleep. If you don't have a designated sound machine, please get one. (HoMedics Sound Spa is one of my favorites.) Make sure it stays on all night long. (No automatic shut-off switches.) Sound machines help with transitioning between sleep cycles. They also drown out any television, phone calls, or talking in the household.

Play low, deep sounds like rain, ocean, or white noise. Classical music is not recommended. It needs to be fairly loud. (It should be the equivalent to a shower running if you were standing in a bathroom.) This drowns out any television, phone calls, or talking he may hear.

Pacifiers

If your baby takes a pacifier, please feel free to give him one when he is put down at bedtime. However, we no longer want to replace it for him throughout the night. Replacing the pacifier creates a sleep crutch that he is unable to replicate on his own. Please place 5-7 pacifiers all around his crib. This increases the likelihood that he will find one in the night.

If your baby is unable to replace the pacifier on his own, this is a skill you can help him accomplish if you work with him. During the day, place 5-6 pacifiers all around his body. When he grabs it, help him put it to his mouth. Clap and praise him. Make it a fun game. Soon he will be doing this on his own and it will transfer to him replacing his pacifier while in the crib.

Swaddling

If your baby is still swaddled with arms inside, it's time to transition out of the swaddle. You have a few options:

1. Stop swaddling altogether on Night 1 and put your baby in an arms-free sleep sack.
2. Leave one arm out of the swaddle for 4-7 nights and then transition to both arms out. Start using an arms-free sleep sack once he has transitioned to both arms being free.

Look into products such as the Zipadee-zip or Baby Merlin's Magic Sleep Suit as transitional items. Check out www.TakingCaraBabies.com/sleep-products for these products.



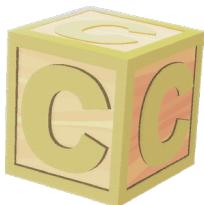
Be Consistent

Consistency is the key to your success. The one thing that will make this plan fail is confusing your baby. We will NOT confuse him. You will give him one very clear message and that message is this: "**We love you very much, but when you are in your crib, you have one option- go to sleep.**"

Sleepless nights ensue when he finds a reward for his behavior (crying). Rewards can be any of the following: getting out of the crib, being held, replacing the pacifier, rocking in your arms, receiving a feeding in response to crying, having mommy or daddy stay in the room, coming into your bed, etc. Remember we do not want to reinforce his crying. This is simple human behavior - if an action is rewarded, the behavior will continue. When a behavior is not rewarded, the behavior will eventually cease.

Remember, we are REASSURING him during this entire journey without REWARDING him.

This plan works for those who follow it diligently. Every baby is different, so I cannot guarantee perfect results, but I can tell you that in 7-14 nights you will see a HUGE improvement if you REASSURE him without REWARDING the crying. Most babies are sleeping 10-12 hours per night consistently within that timeframe after following this plan.



Create or Continue Your Bedtime Routine

A bedtime routine helps your baby transition from a busy day into a peaceful night. This routine cues his brain that bedtime is imminent.

Each night do the same activities in the same order. A bath is not a required part of the bedtime routine, but many parents choose to implement it. Some do it every night and some do it every other night. Both are acceptable.

This routine shouldn't be more than 30 minutes (not including the bath, but does include his feeding).

After the bath (if there is one), everything takes place in your baby's room. We want him to realize that this room is a safe place where he gets ready for bed and receives lots of hugs and snuggles.

Here's an example of a bedtime routine:

| Time | Activity |
|--------|--|
| 5:30pm | Dinner/Solids (begin solids at the advice of your pediatrician) |
| 6:20pm | Bath |
| 6:40pm | Enter baby's room: put on diaper, give a mini massage, dress in jammies and sleep sack |
| 6:45pm | Read a book (optional). Turn off lights and turn on sound machine. |
| 6:55pm | Feeding and rock |
| 7:10pm | Place in crib with eyes open |

*This is just a sample. The point of a bedtime routine is to help him unwind and prepare for sleep. You can switch the order to meet your baby's needs.

Remember, it is not your job to "get him drowsy" or "get him to sleep". You are simply helping him unwind and snuggling with him.

You will not be rocking or feeding him to sleep. This is of vital importance! If he starts to drift off while eating, sit him up and wake him. He can shut his eyes while eating, but we don't want him to fall asleep. You may need to turn the lights on if he's drifting to sleep. If you are having difficulty keeping him awake, try feeding him and then dressing him in his pajamas and sleep sack.

(***Side note: please don't stress about that last feeding before bedtime. Remember, the feedings he has had over the past 12 hours help him during the night NOT just that last bedtime feeding. Now, with that said, you want to always offer a good bedtime feeding, but please don't let it cause undue stress.) Go ahead, Mom, read that paragraph again!



Drowsy, but AWAKE: Putting Baby in His Bed

Put your baby down drowsy, but still AWAKE. He must be put down awake so that if he awakens during the night, he will know how to put himself back to sleep. **I can't adequately express how important this is for your baby!**

Please err on the side of him being too awake vs. too asleep when he is put down.

When you put him in the crib, feel free to stand there for 20-30 seconds to stroke his head and talk to him before walking out. If he is standing or sitting, feel free to lay him down once. If he stands/sits back up, allow him to do so.

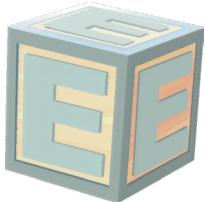
Parents, this is the major obstacle for a baby: putting himself TO sleep. Once he conquers this... you are 75% of the way there!

Did you know that no one actually sleeps through the night? Nope! We wake on average of 6-10 times a night. You and I have learned how to put ourselves **back** to sleep without even knowing we are awake. Your baby has not yet learned this skill. He comes to the top of a sleep cycle and needs what put him to sleep initially (eating, rocking, bouncing, and/or holding) to help put him BACK to sleep. This plan helps him overcome that.



The biggest factor for learning how to put ourselves **BACK** to sleep is learning to put ourselves **TO** sleep at bedtime. This plan will help him do just that. Please commit to 14 nights of following this sleep plan!

*If your baby knows how to put himself **TO** sleep at bedtime, he has 75% of the skill conquered. Now, he just needs you to follow this plan and he will learn to put himself **BACK** to sleep.



Embark on The Journey: The Process Has Begun

Write down the time he went into his crib. (See "Sleep Charts" on page 33)

Avoid staying glued to the video monitor.



Facts About This Plan

Every parent wants to know how long their baby will cry at night. I wish I had the answer. I can tell you that most parents report Night 1 better than they anticipated.

Think: 14 more nights of TOUGH in order for the next year or two (and beyond) to be easy.

Average amount of crying is 40-150 minutes TOTAL on Night 1. Typically this is spread throughout the 11-12 hour night. Some babies cry more, some cry less. **Remember, we won't let him do this all alone.** You will be helping him through it. Most awaken 4-8 times with some crying at each awakening.

I know this sounds tough; however, most likely, your nights are already REALLY tough (and they tend to only get tougher), but this will be **TOUGH WITH A PURPOSE!**

Typically, by the third to fifth night, the hardest part is behind you. Remember, you must commit to 14 nights to see consistency. The first night is typically the hardest followed by the first night all feedings are dropped.

If you pick him up, rock him, bring him into your bed or give him a feeding in response to crying, you will be confusing him. What happens when we confuse him? It causes everything to fall apart. Please don't do that to him. **Consistency is the key to less crying!**



Go "Pop-In"

The purpose of "pop-ins" is to let your baby know you are present and he has not been left alone while he is crying. We want him to know he is not being abandoned. **We want him to understand that you are walking alongside of him throughout this entire process.**

You will be "Popping-In" after 5 minutes of crying, then 10 minutes later, and then every 15 minutes until he falls asleep.

During the pop-in, go next to your baby's crib. You will be staying 15-20 seconds.

On Nights 1 and 2: rub his head, pat his body, stroke his hair, etc. Provide soothing touch during the pop-ins. Please do not pick him up.

(You may lay him down once at each pop-in if he is standing or sitting. If he pops back up, it is okay. Don't make this a battle. Allow him to sit or stand.)

On Nights 3+: use only your voice to soothe him during the pop-ins. Do not touch him. (Do you see how we are slowly allowing him to pick up more and more independent sleep habits?)

Reassure him during all pop-ins. Sound confident. Be positive. Remember, he needs to know that YOU are okay and not stressed by this change. He is looking to YOU for that reassurance.

In a confident voice say, "Mommy/Daddy is here. I love you so much. I know you can do this. Go to sleep." (Feel free to say whatever comes naturally. It can be slightly different each time. Just reassure him and offer comfort.)

Sometimes, talking is stimulating and upsets some babies. Another option is to say "Shhhhhhhh....."

Leave the room within 15-20 seconds.

- Any longer than 15-20 seconds just escalates the crying.
- Go to your chart and write down the time you did the pop-in.

- Start timing when the crying starts.
- If the crying turns to whining or calming, **don't do the pop-in!** (This pop-in would only cause him to cry harder.) See "The Roller Coaster."
- Remember, you never HAVE to do a "pop-in". If you are confident that your baby is fine and feel it is only keeping him awake longer, the "pop-in" is optional. In the beginning, pop-ins are more necessary as he is learning that he has NOT been left all alone. Feel free to stretch out the time in between the pop-ins based upon what is best for your baby. For example, I did 10, 15, and every 20 minute pop-ins with my daughter on Nights 3+ because if I went in too often, it just caused her to stay awake longer. So after a few nights, trust your gut. You will know to either follow 5,10,15 minutes or stretch out the time.
- At some point during the night, have each parent perform pop-ins. Watch your baby's behavior. See if he is calmer with one parent over another. Just observe his response and follow his lead; however, it is important that you both feel comfortable doing the pop-ins. Mom, if you are nursing, some breastfed babies tend to do better with Daddy doing pop-ins. This may or may not be the case with your baby. No matter what, I want both parents to do pop-ins at some point in the night. It is my goal that you both feel confident in handling rough nights.
- On your chart, write down the time he went to sleep and the total cry time.

As you go through the night, please keep this in mind:

- Keep the 5,10,15 minute pop-ins. Chart it, too!
- The 5,10, 15 minute pop-ins starts over with each new wake-up.
- Do not get him out of the crib.
- Stay only 15-20 seconds during the pop-ins.
- DO NOT GIVE UP. Middle of the night wakings are when parents want to give in the most. Don't fail him!!!! He **NEEDS** you to stay consistent. Remember what causes this plan to fail? Confusing him! **Consistency is EVERYTHING!**



Hang In There: I Know Your Heart Strings are Being Pulled

Hearing your baby cry is heartbreaking. Remember, if all that rocking, feeding, and cuddling at night was going to help your baby sleep through the night you'd gladly do it. It hasn't worked. It typically won't.

I have studied infant sleep for many years. Please only trust EVIDENCED-BASED RESEARCH. The following is my recap:

There is absolutely **NO EVIDENCE** that crying with constant reassurance has any negative long-term side effects upon a baby. **In fact, research proves just the opposite.**

Research shows that rested kids are joyful, attentive, and flourish in their environment! (References available at the end of this booklet.)

What are the benefits of achieving night sleep by following this plan?

- Several studies have shown that babies with more efficient nighttime sleep have higher cognitive scores.
- Babies that sleep more at night have been found to have an "easier" temperament, are more approachable, less distractible, and more adaptable.
- In multiple studies, parents noted that their babies were more secure, predictable, less irritable, and less fussy after they followed a sleep plan like this one.
- Children with good sleeping skills test higher in math and science later in life.
- Children who learned the skill of sleeping as babies have a lower chance of being diagnosed with ADD, ADHD and other processing disorders later in life.

- Rested moms have less incidence of postpartum depression, marital difficulty, and overall stress. A mother suffering from depression may not be able to be emotionally available, sensitive, and responsive to her baby. Research shows this sleep plan is not only good for baby, but for mom too.
- Please remember: These difficult moments for your baby are just for 14 nights. Children have an unchanged level of cortisol (the stress hormone) before and after sleep training.
- Studies prove that following a sleep plan like this does not hurt parent-child attachment. In fact, rested parents report increased bonding with their babies.

You are NOT just "turning off" his crying. He will still cry when he needs you. (This is how I knew my own babies had ear infections. They never cried in the night unless they were sick.)

Finally, you are **NOT** abandoning or neglecting your baby.

He is aggravated, but not abandoned. He is frustrated, but not forgotten. He is restless, but not rejected.

Sleeping is a skill that you cannot achieve for him, but you can accompany him on the journey. Think- you are the "coach" and he is the "player". You will be cheering him on from the sidelines, but he will have to play in the "game" on his own.

Remember, you are attentive and loving parents.

You are not exposing him to unnecessary, prolonged, and toxic stress.



It's Morning!

Our goal for nights is 11-12 hours in the crib. If bedtime is 7:15pm, our Goal Wake Time would be 6:15-7:15am. (Please note-it's 11-12 hours from bedtime, not necessarily the time he fell asleep. Soon bedtime and time to sleep will just be minutes apart.)

*Keep in mind that keeping your baby up later typically does not help him sleep later. In fact, most of the time, it does just the opposite. Typically, an earlier bedtime helps babies sleep later.

If your baby awakes anytime during the Goal Wake Time, get him up. Yes, even if he awakens crying. Go right to him!

Question: "But what do I do if he awakens prior to the Goal Wake Time?"

Answer: Pretend it is still nighttime and do pop-ins until he either falls back to sleep or reaches the Goal Wake Time. Once the Goal Wake Time has been reached, pick him up when he is **QUIET**.

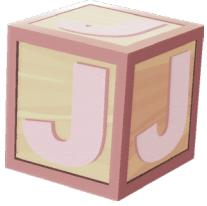
For example, say he awakens 30 minutes prior to the 11 hour mark. Hold firm to that 11 hour mark. Do your pop-ins. Once you reach the 11 hour mark, wait for a **lull in the crying** and then go in to get him. Remember, we don't want to reinforce the crying. We want to reinforce those **QUIET** moments. Soon, your baby will begin sleeping to the Goal Wake Time and most will wake happy and cooing. (Waking happy may take a week or two.)

In the morning, once you get him out of the crib, give lots of praise, kisses, and snuggles. Give him a signal that it is morning: turn on the lights, open the blinds, turn off the sound machine, change him out of his jammies, sing a "good morning song", do the Happy Dance, etc.

Please feed him in the living room (or anywhere outside of his room or yours) so he understands that this is NOT a continuation of his night. This is signaling to his brain that morning is very different from our "pop-ins".

To Clarify: If your baby awakens anytime within the Goal Wake Time, go get him. Yes, even if he awakens crying. Conversely, if your baby awakens prior to the Goal Wake Time and has been crying for a bit as he gradually hits the 11 hour mark, wait for a LULL in the crying before going to get him out of the crib.





Just So You Know... Early morning wakings (4:00-6:00am) are the hardest to resolve.

Sometimes babies have an internal alarm clock set for very early in the morning. These early morning wakings can take a full two weeks to resolve. Remember, **we all sleep lightest from 4:00-6:00am**. Be diligent about your Goal Wake Time. Do your 'pop-ins'. Utilize your sound machine. Keep it as dark as possible. **NEVER, EVER, EVER bring him into your room/bed for more sleeping.** That is the first step to ruining this entire process! Check out the blog post "CoSleeping After Sleep Training" at www.takingcarababies.com/blog. Do not get him out of bed prior to the 11 hour mark.

Parents, when you are struggling with ONLY early morning wake-ups, you are almost done with this process. **READ THAT ONCE MORE!** Early morning struggles are the last to be conquered and means the finish line is in sight. Hold on! Remain consistent! Victory is close at hand!



Keep In Mind

This is not medical advice. This is simply a sleep plan and education. Feel free to run everything by your pediatrician. Do not begin this process if your baby has a fever or you can see a tooth breaking the skin (coming in within 24 hours).

Any physical need your baby has, you will meet it!

Use your judgment as a parent during this entire process; however, trust that this plan will work! It does!!!

Sometimes, children will poop during the night. I recommend coating his bottom with Aquaphor (or any barrier) when getting him dressed for bed. If you smell poop at your pop-ins, change him and put him right back to bed with more Aquaphor.

Once he is sleeping through the night, it will be very rare for him to cry out in the night. If you hear crying (let's say 3-4 weeks after he is sleeping through the night consistently), go to him. Once consistently sleeping through the night, a

cry typically means, "I need you". Do not begin habits that make your nights difficult, but make sure he is ok. Check: does he have a fever, are his pajamas wet, did he poop, is his foot caught? If all seems well, go right back to this plan! Do not begin night feedings again unless your pediatrician says it is necessary. **Babies can have growth spurts without eating at night.**

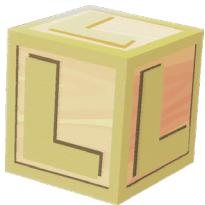
If your nights are going well and then all of a sudden are difficult, please take your baby into the pediatrician for a head to toe assessment.

Worried about teething?

Research shows that once a baby knows how to sleep through the night, teething rarely causes night wakings. I have had so many parents call me and tell me their baby slept 11 hours and woke up with 2 new teeth. However, feel free to give a pain reliever (per your doctor's instructions) prior to bedtime if you are concerned. Remember, it may need to be administered again 4-6 hours later.

Setbacks

If for any reason (illness, travel, etc.) your baby is no longer sleeping well, pull this plan out and start again. It will work until he is out of the crib. Once he has accomplished this once, it typically takes only 3-5 nights to conquer it again.



Love your friends

Thank you for giving me the pleasure of assisting you through this journey with your baby. I would like to ask you not to share Your Baby's Sleep Plan with your family/friends. It's illegal and unethical as this is copyrighted and trademarked information. When the video is shared, Taking Cara Babies is notified. Furthermore, when this information is shared unethically, the NO-Sleep Fairy shows up in your home and makes for very difficult nights. Okay, some call it Karma, others say you "reap what you sow", and I simply say... Tell all your tired friends about Taking Cara Babies. Then let them learn about this in an ethical manner!

One more thing....I would be honored if you told your expectant friends about my newborn sleep class, too.



Most Definitely..... Your baby **CAN** do this



Naps Use a Different Part of the Brain

Many parents report naps are much harder than nights. **Day sleep is typically established once night sleep is consistent.** Read that again... Night Sleep is learned first, then we conquer naps.

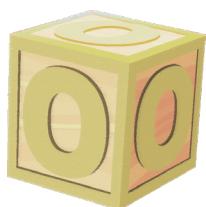
Some parents choose to only focus on nights during the next 14 days. Others choose to do nights and naps together.

My recommendation is to keep doing exactly what you are doing now for his naps. If your baby is in daycare, they do not have to change anything in order for you to have successful nights. (As long as feedings are offered every 2.5- 4 hours).

Daytime sleep uses a different part of the brain than night sleep. Your baby can continue to be rocked/fed to sleep for naps, use the Rock 'N Play, be held or occasionally sleep in the car seat without negatively impacting your nights initially.

Just focus on nights at first. Day sleep is important. We want him to get his daytime sleep, but how he gets it these next 14 days won't impact his nights initially.

For more details regarding naps, see "Conquering Naps and Creating Schedules" on page 23.



Oh! We Need To Wean The
Night Feedings!

See Baby's Night Weaning on page 15



Please Note:
This Is The End Of Your Sleep Plan

The only letters to follow are.....



Night Weaning

C.U.T. F.E.E.D.S.



In order to wean all night feedings we must remember the acronym:

Please note: This coincides with Night 1 of Your Baby's Sleep Plan. All night feedings in response to waking/crying must cease. You may either follow this plan to wean night feedings or drop all feedings "cold turkey".

C.U.T. F.E.E.D.S.

C.U.T. F.E.E.D.S guides you in gradually weaning the night feedings. It is the gentle alternative to dropping night feedings "cold turkey".

Before we get started, please jot down the times your baby has been eating over the past five nights along with the amount (either minutes or ounces). If you can't remember, do your best.

Write any feedings your baby has had AFTER bedtime and BEFORE 6:00am:

| | 1 ST FEEDING | 2 ND FEEDING | 3 RD FEEDING | 4 TH FEEDING |
|--------------|-------------------------|-------------------------|-------------------------|-------------------------|
| | Time / Amount | | | |
| Last Night | | | | |
| 2 Nights Ago | | | | |
| 3 Nights Ago | | | | |
| 4 Nights Ago | | | | |
| 5 Nights Ago | | | | |

Okay, now we can discuss how to wean these feedings. It's time to C.U.T. F.E.E.D.S.



Calories Need To Be Consumed During the Day

Our goal is to help your baby achieve 11-12 hours of sleep per night. The key is to offer all of his calories during the day and thus not require night feedings. For most babies over the age of 5 months, they are capable of consuming their calories during the day. Please continue to offer breast/bottle feedings every 2-4 hours during the day according to your baby's hunger cues. Be sure to advance solids as directed by your pediatrician.

Often, night feedings are a result of a baby wanting help falling back to sleep rather than for true nutrition. This process will help him transition away from those unnecessary night feedings.



U, YOU Initiate All Feedings

All night feedings will be initiated by **YOU**; not your baby. Remember, we do not want to reinforce his crying. Crying WILL NOT be reinforced by a feeding. Remember what causes this sleep plan to fail? Confusing your baby! We will not confuse him!

Do you see how puzzling it could be for your baby if we fed him when he cried in the night? "Sometimes I cry and I have to put myself to sleep! Other times I cry and I get to eat. I don't know which time this will be, so I will just keep crying and crying." This goes against our goal. We want the fewest number of tears for your baby and never want him to be confused.

Your baby will receive very clear messages. He will only be fed when you awaken him, not when he cries. (Please note: This only applies to the night feedings. He can be fed during the day when he cries.)



Timed Feedings Will Be Set

You will go in to feed your baby two times in the night. Once at 10:30pm and once at 3:30am. (You can alter these times if needed. The video will help you decide if that's needed. Keep watching.) See page 22 for a custom night-weaning plan.

Simply awaken him just enough for the feeding. He does NOT need a diaper change (unless soaking through or dirty, of course). Pick him up out of the crib, feed him, burp him, and lay him back down in his crib. You may give him the pacifier at this time if desired. Most tend to sleep right through this feeding and that's okay. You don't need to wake him up to lay him back down. If he is awake following this feeding, please do not rock him back to sleep. Hug and kiss him and lay him down in the crib. If he cries, begin pop-ins.



Feed Only If He Is Asleep

Remember, crying does not equal a feeding. **Only give him a feeding if he is asleep.** The time of the feeding is NOT as important as the fact that he is COMPLETELY asleep before receiving a feeding. He will not be fed unless he is ASLEEP!



Endure The Pop-Ins

What do you do if your baby is awake at the time you have a scheduled feeding time? Pop Ins! Yes, if your baby is awake at the appointed feeding times, begin your 5, 10, 15 minute "Pop-Ins" and wait for him to fall asleep. Do NOT worry if he is "off schedule". **It is WAY more important for your baby to be asleep when he receives the feeding versus the feeding be "on time"!**



Eat After 5-10 Minutes of Sleep

If your baby is awake at the time you were going to do a feeding, wait for him to be COMPLETELY ASLEEP for 5-10 minutes before you go in to do a feeding. He **MUST** be asleep before receiving a feeding. We want his brain to understand that when he awakens in the night, he has one option: Go back to sleep. After he has put himself back to sleep and has been sleeping for 5-10 minutes, go in and feed him.





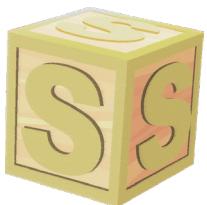
Decrease The Amount Offered Each Night

Each night you will be slightly decreasing the amount/time your baby consumes.

Please decrease the feedings by 2-5 minutes or 1-2 ounces each night. (See sample schedules on pages 19-22.)

If he doesn't nurse for the allotted time or take the entire feeding, that is fine.

As he begins to wean the night feedings, feel free to offer an extra ounce (or two) to each daytime bottle. If nursing, the body will adjust for this naturally.



Sleep Success is on the Way!

By night 5, he will be completely weaned off of all night feedings. This is when you start to see HUGE progress! I know it will be a bit unnerving that first night without feedings.

Nights 5, 6, 7, and 8 can be a challenge (especially those early mornings), but hold on! Nights 9, 10, 11, etc. can be really amazing. Don't give up! Trust this plan. It really works!

Word of Caution: When parents choose to keep a feeding that occurs after 11pm (beyond the first week of this plan), many times sleep success is never accomplished. **Weaning the night feedings will be vital for your success.** If you'd like to maintain one night feeding, please offer this feeding prior to 11:00pm. See examples on pages 21.



Examples of Night-Weaning Schedules For Breast Fed Babies

Feel free to pick a schedule that best suits your baby based on length of feedings in the night:

| Example 1 | NIGHT 1 | NIGHT 2 | NIGHT 3 | NIGHT 4 | NIGHT 5 |
|-----------|---------|---------|---------|---------|---------|
| 10:30pm | 15 min | 10 min | 8 min | none | none |
| 3:30am | 15 min | 10 min | 8 min | 5 min | none |

*use this one if your baby is currently nursing 15 minutes or longer at each feeding.

| Example 2 | NIGHT 1 | NIGHT 2 | NIGHT 3 | NIGHT 4 | NIGHT 5 |
|-----------|---------|---------|---------|---------|---------|
| 10:30pm | 10 min | 8 min | 5 min | none | none |
| 3:30am | 10 min | 8 min | 5 min | 5 min | none |

| Example 3 | NIGHT 1 | NIGHT 2 | NIGHT 3 | NIGHT 4 | NIGHT 5 |
|-----------|---------|---------|---------|---------|---------|
| 10:30pm | 7 min | 5 min | 3 min | none | none |
| 3:30am | 7 min | 5 min | 3 min | 3 min | none |

| Example 4 | NIGHT 1 | NIGHT 2 | NIGHT 3 | NIGHT 4 | NIGHT 5 |
|-----------|---------|---------|---------|---------|---------|
| 10:30pm | 5 min | 3 min | 2 min | none | none |
| 3:30am | 5 min | 3 min | 2 min | 2 min | none |

A Note About Milk Supply

By following this night-weaning plan, you can see that it is a very gradual decrease in consumption for baby. This allows your body time to compensate and adjust to the decrease in demand at night. During the day, be responsive to your baby's hunger cues. Feed him whenever he is hungry. As he's eating less at night, he will want to gain those extra calories during the day. This helps maintain your supply. It typically happens very gradually.

Everyone's supply is different and some moms need to pump at night before they go to bed. A few moms may need to pump an additional time in the night to maintain their supply for the first week or two. Keep an eye on your supply as your baby starts sleeping longer stretches. If you start to notice a decrease, you may need to add in a nighttime pumping session.



Examples of Night-Weaning Schedules For Bottle Fed Babies

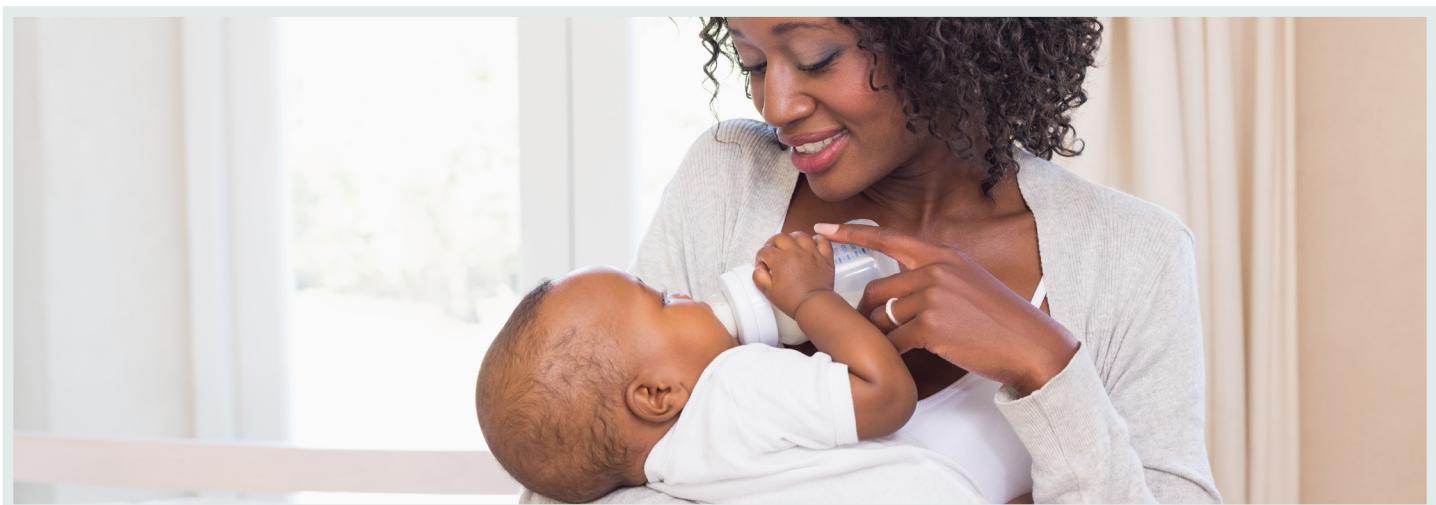
Feel free to pick the schedule that best suits your baby based upon the amount of feedings in the night:

| Example 1 | NIGHT 1 | NIGHT 2 | NIGHT 3 | NIGHT 4 | NIGHT 5 |
|-----------|---------|---------|---------|---------|---------|
| 10:30pm | 5 oz | 4 oz | 3 oz | none | none |
| 3:30am | 5 oz | 4 oz | 3 oz | 3 oz | none |

*if your baby is currently taking more than 5 ounce bottles in the night, use this schedule

| Example 2 | NIGHT 1 | NIGHT 2 | NIGHT 3 | NIGHT 4 | NIGHT 5 |
|-----------|---------|---------|---------|---------|---------|
| 10:30pm | 4 oz | 3 oz | 2 oz | none | none |
| 3:30am | 4 oz | 3 oz | 2 oz | 2 oz | none |

| Example 3 | NIGHT 1 | NIGHT 2 | NIGHT 3 | NIGHT 4 | NIGHT 5 |
|-----------|---------|---------|---------|---------|---------|
| 10:30pm | 3 oz | 2 oz | 1 oz | none | none |
| 3:30am | 4 oz | 3 oz | 2 oz | 1 oz | none |



Variations of the Night Weaning

Weaning Only One Night Feeding

If your baby is currently only eating one feeding in the night, we will be weaning that one feeding. Look at the time your baby has been waking to eat over the past 5 nights. Schedule your set feeding time about 30-60 minutes BEFORE your baby has naturally been awakening.

In the examples below, this baby was waking at 1:00-1:30am for his feeding over the past week. We decided on a 12:30am feeding time to attempt to get the baby before he naturally awoke for the feeding. The time can be anything you want it to be, but try to get him before he naturally awakens.

| Breast Fed | NIGHT 1 | NIGHT 2 | NIGHT 3 | NIGHT 4 | NIGHT 5 |
|------------|---------|---------|---------|---------|---------|
| 12:30am | 10 min | 8 min | 6 min | 4 min | none |

| Bottle Fed | NIGHT 1 | NIGHT 2 | NIGHT 3 | NIGHT 4 | NIGHT 5 |
|------------|---------|---------|---------|---------|---------|
| 12:30am | 4 oz | 3 oz | 2 oz | 1 oz | none |

Maintaining One Feeding

Some parents of 5-9 month olds may choose to keep one night feeding. If you feel your baby needs to maintain a feeding or your pediatrician thinks this is a better option, feel free to maintain one feeding. Remember, your baby must be completely asleep before receiving any night feedings.

| Breast Fed | NIGHT 1 | NIGHT 2 | NIGHT 3 | NIGHT 4 | NIGHT 5 |
|------------|---------|---------|---------|---------|---------|
| 10:30pm | 10 min |
| 3:30am | 10 min | 8 min | 5 min | 5 min | none |

| Bottle Fed | NIGHT 1 | NIGHT 2 | NIGHT 3 | NIGHT 4 | NIGHT 5 |
|------------|---------|---------|---------|---------|---------|
| 10:30pm | 4 oz |
| 3:30am | 5 oz | 4 oz | 3 oz | 3 oz | none |

Notice: In the above schedules, the first feeding of the night was never weaned. This may slowly be weaned when parents are ready to drop the night feedings or when the pediatrician gives permission.

Word of Caution: When parents choose to keep a feeding that occurs after 11:00pm (beyond the first week of this plan), many times sleep success is never accomplished. **Weaning the night feedings will be vital for your success.** If you'd like to maintain one night feeding, please offer this feeding prior to 11:00pm.



Weaning With Three Night Feedings

For most babies, offering just two feedings in the night is plenty to wean them off of all night feedings. For a baby who is currently eating more than 50% of his caloric intake at night, you may decide to wean three feedings. Remember, he must be asleep in order to receive the feeding.

| Breast Fed | NIGHT 1 | NIGHT 2 | NIGHT 3 | NIGHT 4 | NIGHT 5 | NIGHT 6 |
|------------|---------|---------|---------|---------|---------|---------|
| 10:00pm | 10 min | 8 min | 5 min | 3 min | none | none |
| 1:00am | 5 min | 4 min | 3 min | none | none | none |
| 4:00am | 10 min | 8 min | 5 min | 3 min | 3 min | none |

| Bottle Fed | NIGHT 1 | NIGHT 2 | NIGHT 3 | NIGHT 4 | NIGHT 5 | NIGHT 6 |
|------------|---------|---------|---------|---------|---------|---------|
| 10:00pm | 4 oz | 3 oz | 2 oz | 1 oz | none | none |
| 1:00am | 2.5 oz | 1.5 oz | 1 oz | none | none | none |
| 4:00am | 4 oz | 3 oz | 2 oz | 1 oz | 1 oz | none |

EXAMPLE: Charlie's Custom Night Weaning Plan

Five month old, Charlie, was waking 4-5 times a night and nursing for 10-20 minutes at each waking. The feeding times were somewhat inconsistent, but typically went like this: 10:30pm, 1:30-2:00am, then up every hour after 2:00am.

Charlie's mother knew she wanted to keep one night feeding. She chose times that were about 30 minutes prior to his normal night feedings. Here is the plan she created for Charlie after learning the information in "C.U.T. F.E.E.D.S.":

| Charlie's Plan | NIGHT 1 | NIGHT 2 | NIGHT 3 | NIGHT 4 | NIGHT 5 | NIGHT 6 |
|----------------|---------|---------|---------|---------|---------|---------|
| 10:00pm | 10 min |
| 1:00am | 5 min | 4 min | 3 min | none | none | none |
| 4:00am | 10 min | 8 min | 5 min | 3 min | 3 min | none |

Notice: After Night 5 all feedings occurred prior to 11:00pm. Charlie had to be asleep in order to receive this feeding.



Conquering Naps & Creating Schedules



Remember, when beginning sleep training, we **ALWAYS** start with **NIGHTS**. Finish at least Night 1 of ABC's before starting nap training.

Naps ARE important. We know "sleep begets sleep." This means that adequate daytime rest leads to fewer night wakings and longer night sleep. For this reason, we tend to suggest focusing on nights first and continuing naps exactly as you have been. It often prevents overtired babies and works for most because night sleep and day sleep use different parts of the brain. At the same time, for some families working on nights and naps together is the best decision. This often makes sense for babies over 10 months or those who absolutely refuse to nap.

Make sure to use this nap section to evaluate your wake windows and total daytime sleep even if you aren't starting nap training.

When do I start working on naps? If any of these apply:

1

Your baby is 10 months or older, and you feel ready. We know that at this age, night sleep and day sleep do begin to converge in the brain.

2

When your baby is sleeping 11-12 hours per night consistently for 10-14 nights.

3

You find the lack of daytime sleep is causing night wakings. For example, your baby just can't seem to sleep 11 hours each night even though you've been following the plan wholeheartedly for 14 nights.

4

Early mornings are rough and inconsistent. For example, your baby isn't sleeping past 5:00am. You've followed 14 nights of "Your Baby's Sleep Plan," but early mornings are still rough. This could be a sign that your baby is overtired and his naps need work.

5

It is becoming increasingly difficult to get your baby down for naps. Perhaps you are spending 45-60 minutes trying to accomplish a 30-minute nap.

6

Naps are less than 40 minutes for each nap.

WHEN YOU ARE READY FOR NAP TRAINING, HERE IS THE PLAN:

REMEMBER N.A.P.



Naptime Routine

Mimic your nighttime/bedtime routine, but make it a bit shorter. Do a 5-10 minute version to help your little one unwind. This routine cues his brain that naptime is imminent. Do this same routine prior to every nap. For example: change diaper, read a book, rock in the rocking chair, and lay him down in his crib awake. Try to truly relax and help him unwind. If you are tense and stressed, your baby feeds off of this behavior. Take deep breaths and relax during the naptime routine.



Awake; Put your baby down for the nap AWAKE

Do not feed, rock, or bounce him to sleep.



"Pop-In"

Pop in as needed for your baby. By the time you are working on naps, you know your baby's response to pop-ins. Follow the 5,10, 15 minute pop-in schedule as outlined in "Your Baby's Sleep Plan." Don't stay longer than 10-20 seconds at each pop-in. Feel free to elongate the time between pop-ins if needed. For example, some parents may do a pop-in at 5 minutes and then every 20 minutes until the baby falls asleep. Other parents, may not choose to do any pop-ins.

Remember the roller coaster analogy. Is your baby looking for ways to go to sleep? If so, do NOT go in.

*Keep in mind, it may take 2-4 weeks to truly conquer your baby's nap schedule.

General Nap Guidelines

Start of Your Day:

The start of your day can vary somewhat from day to day. Nap times are set based upon morning wake times. Most babies wake for the day between 6 and 8am after sleeping well through the night. Please limit crib time for the night to a maximum of 12 hours.

Wake Windows:

This is just a fancy term to describe the length of wake time. Keep in mind that wake windows are ranges that vary from baby to baby.

Napping Environment:

Please try to block out light as much as possible. Make it "very dark" for naptime. Use blackout blinds, construction paper, or cardboard if necessary. Darkness really makes a difference. For every nap, use a sound machine that does NOT turn off. Keep the room cool and comfortable. Change baby out of restrictive clothing. Use a sleep sack to cue your baby's brain that naptime is imminent.

Three Daytime Goals:

1. Active and stimulating awake times.
2. Adequate calories offered/consumed.
3. Restful naps offered according to appropriate wake windows.

Waking Baby From a Nap:

If your baby is taking more than one nap per day, please do not let the nap exceed 2 hours. Yes, you will need to wake him! Naps longer than 2 hours can disrupt other naps and can actually cause night wakings.

Cara's Mantra:

Flexible routines NOT rigid schedules. Babies do thrive on repetition and routine; at the same time, babies are little humans who don't operate on our perfect time frames AND real life demands some flexibility.

(In the first two weeks of nap training, you may have to be a bit rigid. Flexibility may need to be added in after naps are going really well.)

Nap Questions

Q. How long do I attempt the nap? What if he never falls asleep?

A. We will give him 60-75 minutes to fall asleep during naps. If he doesn't sleep by the end of 60-75 minutes, get him out of the crib during a **ULL (a quiet moment)**. Take your baby out into the light and do something active to communicate that this is awake time. Attempt the nap again approximately 1 hour later.

Q. What if he only sleeps 20-25 minutes?

A. Feel free to allow him to stay in the crib another 15-25 minutes to see if another nap will ensue. Do not go into the room during this time as that may wake him further. Even if he does not go back to sleep, please keep a full wake window out of the crib before the next nap. A shortened wake window will reinforce that shorter nap. For more on this, watch this video on the "[Tired Tank](#)."

Important Reminders About Feedings

Feedings:

Offer feedings throughout the day when your baby is showing hunger cues. It's this simple—if your baby is hungry, feed him. Be responsive to those hunger cues. **Our goal is to get calories in during the day in order to avoid night wakings due to hunger. Feed your baby every 2.5-3.5 hours throughout the day.**

Some parents prefer an every 4-hour schedule. Consider this: if your baby eats every 3 hours instead of every 4, he will fit in an extra feeding during the day. However, if your baby does eat best on an every 4-hour schedule, this is acceptable, too. Do what works for YOUR baby.

This information applies for breastfed and formula-fed babies alike!

As for solids... follow the advice of your pediatrician, but remember your baby's primary caloric intake comes from breast milk and/or formula for the first year of life. Offer solids often (by 6 months of age), but please do not stress about the quantity of intake. To learn more about solids, check out www.feedinglittles.com.

E.A.S.Y. (Eat. Awake. Sleep. You-Time):

If you have taken the newborn class, "Will I Ever Sleep Again," you may notice that the schedules included do NOT align with the E.A.S.Y method encouraged for newborn care. I tend to squelch E.A.S.Y. when babies are beyond five months of age. Here's the rationale behind that: A baby's wake time begins to lengthen, making it difficult to maintain E.A.S.Y. while still fitting in an adequate amount of calories in during their day. Because of this, continue to offer feedings according to your baby's hunger cues. Yes, continue to offer breast and/or bottle feedings every 2.5-3.5 hours throughout your baby's first year of life. Just fit feedings in around nap times when you see true hunger cues.

Feedings prior to naps:

Please be responsive to your baby's hunger cues. If your baby is not hungry, there's no need to "top off" by offering a feeding before a nap. However, if your baby is hungry, you can offer a feeding just prior to the nap for a baby 5 months and older. This is okay. Yes, really! Sometimes, this actually DOES help the baby sleep a bit longer. However, please do NOT feed him to sleep. It's best to put him down AWAKE* for the nap so he will learn how to transition from one sleep cycle to the next. This will equate to longer and more consolidated naps.

(*Again, this is once you are ready to begin conquering naps. In the first 14 days while working on nights, you don't have to change your current daytime routine.)

Occasionally, if a feeding is included in the naptime routine, this little "rest at the breast" (or bottle) can give baby a boost of energy and make falling asleep at naptime difficult. If your baby is eating right before a nap and then fights naptime, please adjust your feedings so they happen after waking or well before the naptime routine. For more information on "rest at the breast," watch this video on your baby's "[Tired Tank](#)."

****See Baby's Nap Schedule Based Upon Age on the following pages****

Nap Schedules: 5 – 6/7 Months

| Goal Amount of Daytime Sleep: | Average Number of Naps: | Wake Windows: | Bedtime: | Feedings: |
|---|-------------------------|---------------|-------------|--|
| 3-3.5 hours (Do not exceed 4 hours daytime sleep.) | 3 | 2-3 hours | 6:30-8:00pm | About every 2.5-3.5 hours based on hunger cues |

Daily Master Plan for 5-6/7 Months:

| | |
|--|---------|
| About 2 hours after Wake Time = | Nap 1 |
| About 2.5 hours after the end of Nap 1 = | Nap 2 |
| About 2.5 hours after the end of Nap 2 = | Nap 3 |
| About 2.5-3 hours after the end of Nap 3 = | Bedtime |

*If baby refused the 3rd nap of the day, please offer a bedtime as early as 6:00pm.

Side note about that 3rd nap

The 3rd nap is typically a 30-45 minute catnap that helps baby make it to bedtime. This nap can be a real BEAST! If this nap is becoming a daily battle, consider an "Oops Nap." This is a nap that can happen on-the-go, in the stroller, in a baby carrier, or while being held. Your baby needs that 3rd nap to make it to bedtime, so get it however you can.



Here are some ways that the Master Plan could work out in real life:

| Time | Activity |
|------------------|------------------|
| 6:30am | Wake and Feeding |
| 8:30am – 9:30am | Nap 1 |
| 9:30am | Feeding |
| 11:45am | Feeding |
| 12:00pm – 1:30pm | Nap 2 |
| 2:30pm | Feeding |
| 4:00pm – 4:45pm | Nap 3 (catnap) |
| 5:15pm | Feeding |
| 7:15pm | Feeding |
| 7:30pm | Bedtime |

Wake Windows: 2h / 2h30m / 2h30m / 2h30m

Total Napping Hours: 3 hours 15 minutes

| Time | Activity |
|------------------|---|
| 6:30am | Wake and Feeding |
| 8:15am | Feeding (baby was showing hunger cues) |
| 8:30am – 10:00am | Nap 1 |
| 11:15am | Feeding |
| 12:30pm – 1:00pm | Nap 2 |
| 2:00pm | Feeding |
| 3:30pm – 4:00pm | Nap 3 (catnap) |
| 4:00pm | Cluster Feeding according to hunger cues |
| 6:30pm | Feeding |
| 6:40pm | Bedtime |

Wake Windows: 2h / 2h30m / 2h30m / 2h40m

Total Napping Hours: 2 hours 30 minutes

| Time | Activity |
|------------------|------------------|
| 7:00am | Wake and Feeding |
| 9:00am – 10:00am | Nap 1 |
| 10:00am | Feeding |
| 12:30pm – 2:00pm | Nap 2 |
| 2:00pm | Feeding |
| 4:45pm | Feeding |
| 5:00pm – 5:30pm | Nap 3 (catnap) |
| 7:30pm | Feeding |
| 8:00pm | Bedtime |

Wake Windows: 2h / 2h30m / 3h / 2h30m

Total Napping Hours: 3 hours 30 minutes

| Time | Activity |
|------------------|------------------|
| 6:30am | Wake and Feeding |
| 8:30am – 10:00am | Nap 1 |
| 10:30am | Feeding |
| 12:30pm – 1:30pm | Nap 2 |
| 1:30pm | Feeding |
| 4:00pm | Feeding |
| 4:00pm – 4:30pm | Nap 3 (catnap) |
| 6:30pm | Feeding |
| 7:00pm | Bedtime |

Wake Windows: 2h / 2h30m / 2h30m / 2h30m

Total Napping Hours: 3 hours

Please note: These schedules are not perfect. No single schedule from this page is made as a perfect example for your day. Instead, each one shows how a real parent could implement the “Master Plan” based on the naps a baby happens to take on that day.

3 to 2 Nap Transition

Signs It's Time to Transition to 2 Naps

Baby is 6-7 months old, **AND** at least one of the following:

- A.** Baby starts to struggle to fall asleep or stay asleep at naptime.
- B.** Nap #3 interferes with bedtime (Not enough time for full wake window before appropriate bedtime).
- C.** Baby is consistently refusing Nap #3. (5 of the last 7 days)
- D.** Early morning wakings or middle of the night wakings begin (or never seem to stop despite 14 nights of consistent ABCs implementation).

How to Transition

1. Stretch those wake windows, even if naps are short.

The goal is to get to wake windows of 3-3.5 hours, so we're going to gently stretch in that direction. We don't want overtired babies, so we're going to push gently by stretching 10-15 minutes at a time.

When naps are short during a transition, it can be so tempting to do a short wake window because your little one is tired. Don't give in to this temptation; it reinforces short naps.

Stretching wake windows takes work! Make sure you're in an active and well-lit environment. You may also need to get very involved: playing, dancing, getting outside, splashing in water, or finding new toys.

2. Be flexible with bedtime.

During a nap transition, bedtime is something that you can control. If naps are short, we're going to make bedtime earlier by really following those wake windows instead of set times. That means, we may have bedtime as early as 6pm. If bedtime is before 7pm, we're still going to enforce 6am as the earliest out-of-crib time because early bedtimes are to help make up for lost sleep, not to shift our whole schedule earlier.

3. Don't give up!

Nap transitions can easily take 2 weeks. This is very normal. Keep pushing forward if you've decided that it's time. Every extra week brings new physical and mental developments that will help make the transition easier than the week before.

Goal Master Plan

| | |
|-------------------------|----------------|
| 2.75-3 hours after wake | Nap 1 |
| 3-3.5 hours after Nap 1 | Nap 2 |
| 3-4 hours after Nap 2 | Bedtime |

How that might play out during a transition:

Example 1

Slightly short naps, minimum wake windows early in the day

| Time | Activity |
|------------------|--|
| 6:00am | Out of crib |
| 8:45am – 10:00am | Nap #1 |
| 1:00pm – 2:00pm | Nap #2 |
| 6:00pm | Bedtime (earlier bedtime because baby woke from nap 4 hours prior) |

Example 2

Very short naps, required a 3rd nap

| Time | Activity |
|------------------|---|
| 6:00am | Out of crib |
| 9:00am – 9:30am | Nap #1 |
| 12:30pm – 1:00pm | Nap #2 (Baby can't make it to bedtime without a 3rd nap, even with the max wake window of 4 hours.) |
| 4:00pm – 4:30pm | Nap #3 (Remember, we have to maintain at least 3 hours of awake time before and after this nap.) |
| 7:30/8:00pm | Bedtime |



Nap Schedules: 7 – 14+ Months

| Goal Amount of Daytime Sleep: | Average Number of Naps: | Wake Windows: | Bedtime: | Feedings: |
|---|-------------------------|---------------|-------------|--|
| 2.5-3 hours (Do not exceed 3.5 hours daytime sleep.) | 2 | 3-4 hours | 6:30-8:00pm | About every 2.5-3.5 hours based on hunger cues |

Daily Master Plan for 7-14+ Months:

| | |
|--|---------|
| About 2.5-3 hours after Wake Time = | Nap 1 |
| About 3-3.5 hours after the end of Nap 1 = | Nap 2 |
| About 3.5-4 hours after the end of Nap 2 = | Bedtime |

*If naps are short, please allow a bedtime as early as 6:00pm.

A Word About Short Naps

This “master plan” may feel very difficult to follow if your baby is regularly taking very short naps. Over time, you may find yourself having to stretch wake windows far beyond the suggestions, defaulting to a very early bedtime, or even trying to add in an extra cat nap, just to make it through your days.

Nap training can be a great way to really work on lengthening those naps, but we also have to make sure we’re setting your little one up for the best success.

Our blog on [10 Questions to Ask if Your Little One is Struggling with Short Naps](#) is the resource you’ll want to use to make sure that we’re doing everything in our control to help get those good, restorative naps.



Here are some ways that the Master Plan could work out in real life:

| Time | Activity |
|------------------|------------------|
| 6:30am | Wake and Feeding |
| 9:30am – 10:30am | Nap 1 |
| 10:30am | Feeding |
| 1:15pm | Feeding |
| 1:30pm – 3:30pm | Nap 2 |
| 4:00pm | Feeding |
| 7:00pm | Feeding |
| 7:20pm | Bedtime |

Wake Windows: 3h / 3h / 3h50m

Total Napping Hours: 3 hours

| Time | Activity |
|-------------------|------------------|
| 7:00am | Wake and Feeding |
| 9:30am | Feeding |
| 10:00am – 11:30am | Nap 1 |
| 12:30pm | Feeding |
| 3:00pm – 4:00pm | Nap 2 |
| 4:00pm | Feeding |
| 7:00pm | Feeding |
| 7:30pm | Bedtime |

Wake Windows: 3h / 3h30m / 3h30m

Total Napping Hours: 2 hours 30 minutes

| Time | Activity |
|------------------|------------------|
| 6:15am | Wake and Feeding |
| 9:00am | Feeding |
| 9:15am – 10:15am | Nap 1 |
| 12:00pm | Feeding |
| 1:45pm – 2:30pm | Nap 2 |
| 3:00pm | Feeding |
| 6:00pm | Feeding |
| 6:30pm | Bedtime |

Wake Windows: 3h / 3.5h / 4h

Total Napping Hours: 1 hour 45 minutes

| Time | Activity |
|------------------|-----------------------------|
| 6:30am | Wake and Breast/Bottle/Milk |
| 6:45am | Breakfast |
| 9:15am | Breast/Bottle/Milk |
| 9:30am – 10:30am | Nap 1 |
| 11:30am | Lunch |
| 12:00pm | Breast/Bottle/Milk |
| 1:30pm – 2:30pm | Nap 2 |
| 3:00pm | Breast/Bottle/Milk |
| 5:00pm | Dinner |
| 6:15pm | Breast/Bottle/Milk |
| 6:30pm | Bedtime |

Wake Windows: 3h / 3h / 4h

Total Napping Hours: 2 hours

Please note: These schedules are not perfect. No single schedule from this page is made as a perfect example for your day. Instead, each one shows how a real parent could implement the “Master Plan” based on the naps a baby happens to take on that day.

2 to 1 Nap Transition

Signs It's Time to Transition to 1 Naps

Baby is 12-17 months old, **AND** at least one of the following:

- A. Baby starts to struggle to fall asleep or stay asleep at naptime.
- B. Nap #2 interferes with bedtime (Not enough time for full wake window before appropriate bedtime).
- C. Baby is consistently refusing Nap #2. (5 of the last 7 days)
- D. Early morning wakings or middle of the night wakings begin (or never seem to stop despite 14 nights of consistent ABCs implementation).

How to Transition

1. Try stretching those wake windows and capping naps shorter on your 2-nap schedule **BEFORE** you try to drop a nap.

In order to get to a successful 1-nap schedule, baby needs to be able to make it to at least 4.5, if not 5 hours, of awake time before that nap. That's quite a bit longer than the 2-nap schedule. Before you try to jump to the 1-nap schedule, try to push to longer wake windows and shorten your naps.

Example:

| Time | Activity |
|------------------|----------------------------|
| 6:00am | Out of crib |
| 9:30am – 10:30am | Nap 1 (Wake after 1 hour.) |
| 2:00pm – 3:00pm | Nap 2 (Wake after 1 hour.) |
| 7:00pm | Bedtime |

In this example, baby can go 3.5 hours before nap 1, 3.5 hours before nap 2, and 4 hours before bedtime.

2. When your baby is showing signs from above **AND** you've already tried step 1, really start stretching those wake windows!

Stretching wake windows takes work! Make sure you're in an active and well-lit environment. You may want to plan activities out and about for the morning or the afternoon; just be sure not to allow a car nap on the way home. You may also need to get very involved: playing, dancing, getting outside, splashing in water, or finding new toys.

3. Be flexible with bedtime.

During a nap transition, bedtime is something that you can control. If that nap is short or early, we're going to make bedtime earlier by following your wake window ranges instead of a set time. That means, we may have bedtime as early as 6pm. If bedtime is before 7pm, we're still going to enforce 6am as the earliest out-of-crib time because early bedtimes are to help make up for lost sleep, not to shift our whole schedule earlier.

4. Don't give up!

Nap transitions can easily take 2-4 weeks.

Goal Master Plan

| | |
|-----------------------|---------|
| 5-6 hours after wake | Nap |
| 4-5 hours after Nap 1 | Bedtime |

How that might play out during a nap transition:

Example 1: Early nap, car nap, late bedtime

| Time | Activity |
|-------------------|--|
| 6:00am | Out of crib |
| 10:30am – 12:00pm | Nap (Baby just couldn't stay awake past 4.5 hours.) |
| 3:45pm – 4:15pm | Catnap (Baby fell asleep in car.) |
| 8:00pm | Bedtime (Baby needed a later bedtime because of that car nap.) |

Example 2: Short, early nap

| Time | Activity |
|------------------|---|
| 6:30am | Out of crib |
| 11:30am – 1:00pm | Nap |
| 6:00pm | Bedtime (Baby needed an earlier bedtime.) |

Nap Schedules: 12/17 - 24+ Months

| Goal Amount of Daytime Sleep: | Average Number of Naps: | Wake Windows: | Bedtime: | Feedings: |
|--|-------------------------|---------------|-------------|--------------------------|
| 2-3 hours (Do not exceed 3 hours total.) | 1 | 4-6 hours | 6:30-8:00pm | According to hunger cues |

Here are some ways that the Master Plan could work out in real life:

| Time | Activity |
|------------------|--------------------|
| 6:00am | Wake and Breakfast |
| 8:30am | Snack |
| 10:30am | Lunch |
| 11:00am – 1:30pm | Nap |
| 2:00pm | Snack |
| 5:00pm | Dinner |
| 6:30pm | Bedtime |

Wake Windows: 5h / 5h

Total Napping Hours: 2 hours 30 minutes

| Time | Activity |
|------------------|------------------------|
| 7:00am | Wake |
| 7:30am | Breakfast |
| 10:00am | Snack |
| 11:45am | Lunch |
| 12:30pm - 2:30pm | Nap |
| 3:00pm | Snack |
| 5:30pm | Dinner |
| 6:30pm | Optional Bedtime Snack |
| 7:00pm | Bedtime |

Wake Windows: 5h30m / 4h30m

Total Napping Hours: 2 hours

| Time | Activity |
|------------------|--------------------|
| 6:00am | Wake and Breakfast |
| 8:30am | Snack |
| 11:00am | Lunch |
| 12:00pm – 3:00pm | Nap |
| 3:00pm | Snack |
| 6:00pm | Dinner |
| 7:00pm | Bedtime |

Wake Windows: 6h / 4h

Total Napping Hours: 3 hours

| Time | Activity |
|------------------|--------------------|
| 7:00am | Wake and Breakfast |
| 8:30am | Snack |
| 11:00am | Lunch |
| 12:30pm – 3:30pm | Nap |
| 3:30pm | Snack |
| 6:00pm | Dinner |
| 7:45pm | Bedtime Snack |
| 8:00pm | Bedtime |

Wake Windows: 5h30m / 4h30m

Total Napping Hours: 3 hours



Sleep Charts



Example Night Chart

My Why/Sleep Mantra: Our whole family will be happier and healthier when we all get to sleep well.

| Wake Window Before Nap 1 | Wake Window Before Nap 2 (if applicable) | Wake Window Before Nap 3 (if applicable) | Wake Window Before Bedtime | Total Napping Hours | | | | |
|--|---|---|----------------------------|----------------------|----------------------|----------------------|----------------------|----------------------|
| 3 hours | 3 hours 10 mins | --- | 3 hours 35 mins | 2 hours 45 mins | | | | |
| Bedtime | 1 st Wake | 2 nd Wake | 3 rd Wake | 4 th Wake | 5 th Wake | 6 th Wake | 7 th Wake | 8 th Wake |
| Time | 7:30pm | 10:12pm | 1:48am | | | | | |
| 1 st Pop-In (5 mins later) | 7:35pm | | 1:53am | | | | | |
| 2 nd Pop-In (10 mins later) | 7:45pm | | 2:03am | | | | | |
| 3 rd Pop-In (15 mins later) | 8:00pm No pop-in | | 2:18am | | | | | |
| 4 th Pop-In (15 mins later) | 8:04pm Crying escalated | | | | | | | |
| 5 th Pop-In (15 mins later) | 8:19pm | | | | | | | |
| Time to Sleep | 8:26pm | 10:16 | 2:20am | | | | | |
| Total Amount of Crying | 56 mins | No pop-ins 4 mins | 32 mins | | | | | |
| Notes | 2 feedings: - 10:30pm - ate only 2 ounces of 4 ounces offered. Fell right to sleep afterwards. - 3:30am - ate 4 ounces of 4 ounces offered. Cried for about 2 minutes afterwards. Woke at 6:38am. | | | | | | | |

Night 1

My Why/Sleep Mantra: _____

Notes from today: (For guidelines on appropriate wake windows and total napping hours, please see pages 27-33.)

| Wake Window Before Nap 1 | Wake Window Before Nap 2 (if applicable) | Wake Window Before Nap 3 (if applicable) | Wake Window Before Bedtime | Total Napping Hours | | | | | |
|---|---|---|----------------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|
| | | | | | | | | | |
| Time | Bedtime | 1 st Wake | 2 nd Wake | 3 rd Wake | 4 th Wake | 5 th Wake | 6 th Wake | 7 th Wake | 8 th Wake |
| 1 st Pop-In (5 mins later) | | | | | | | | | |
| 2 nd Pop-In (10 mins later) | | | | | | | | | |
| 3 rd Pop-In (15 mins later) | | | | | | | | | |
| 4 th Pop-In (15 mins later) | | | | | | | | | |
| 5 th Pop-In (15 mins later) | | | | | | | | | |
| 6 th Pop-In (15 mins later) | | | | | | | | | |
| 7 th Pop-In (15 mins later) | | | | | | | | | |
| 8 th Pop-In (15 mins later) | | | | | | | | | |
| 9 th Pop-In (15 mins later) | | | | | | | | | |
| 10 th Pop-In (15 mins later) | | | | | | | | | |
| Time to Sleep | | | | | | | | | |
| Total Amount of Crying | | | | | | | | | |
| Notes | | | | | | | | | |

*If at bottom of the roller coaster when pop-in is due...Wait!

Night 2

My Why/Sleep Mantra: _____

Notes from today: (For guidelines on appropriate wake windows and total napping hours, please see pages 27-33.)

| Wake Window Before Nap 1 | Wake Window Before Nap 2 (if applicable) | Wake Window Before Nap 3 (if applicable) | Wake Window Before Bedtime | Total Napping Hours |
|--------------------------|---|---|----------------------------|---------------------|
| | | | | |

| | Bedtime | 1 st Wake | 2 nd Wake | 3 rd Wake | 4 th Wake | 5 th Wake | 6 th Wake | 7 th Wake | 8 th Wake |
|---|---------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|
| Time | | | | | | | | | |
| 1 st Pop-In (5 mins later) | | | | | | | | | |
| 2 nd Pop-In (10 mins later) | | | | | | | | | |
| 3 rd Pop-In (15 mins later) | | | | | | | | | |
| 4 th Pop-In (15 mins later) | | | | | | | | | |
| 5 th Pop-In (15 mins later) | | | | | | | | | |
| 6 th Pop-In (15 mins later) | | | | | | | | | |
| 7 th Pop-In (15 mins later) | | | | | | | | | |
| 8 th Pop-In (15 mins later) | | | | | | | | | |
| 9 th Pop-In (15 mins later) | | | | | | | | | |
| 10 th Pop-In (15 mins later) | | | | | | | | | |
| Time to Sleep | | | | | | | | | |
| Total Amount of Crying | | | | | | | | | |
| Notes | | | | | | | | | |

*If at bottom of the roller coaster when pop-in is due...Wait!



Night 3

My Why/Sleep Mantra: _____

Notes from today: (For guidelines on appropriate wake windows and total napping hours, please see pages 27-33.)

| Wake Window Before Nap 1 | Wake Window Before Nap 2 (if applicable) | Wake Window Before Nap 3 (if applicable) | Wake Window Before Bedtime | Total Napping Hours | | | | | |
|---|---|---|----------------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|
| | | | | | | | | | |
| Time | Bedtime | 1 st Wake | 2 nd Wake | 3 rd Wake | 4 th Wake | 5 th Wake | 6 th Wake | 7 th Wake | 8 th Wake |
| 1 st Pop-In (5 mins later) | | | | | | | | | |
| 2 nd Pop-In (10 mins later) | | | | | | | | | |
| 3 rd Pop-In (15 mins later) | | | | | | | | | |
| 4 th Pop-In (15 mins later) | | | | | | | | | |
| 5 th Pop-In (15 mins later) | | | | | | | | | |
| 6 th Pop-In (15 mins later) | | | | | | | | | |
| 7 th Pop-In (15 mins later) | | | | | | | | | |
| 8 th Pop-In (15 mins later) | | | | | | | | | |
| 9 th Pop-In (15 mins later) | | | | | | | | | |
| 10 th Pop-In (15 mins later) | | | | | | | | | |
| Time to Sleep | | | | | | | | | |
| Total Amount of Crying | | | | | | | | | |
| Notes | | | | | | | | | |

*If at bottom of the roller coaster when pop-in is due...Wait!

Night 4

My Why/Sleep Mantra: _____

Notes from today: (For guidelines on appropriate wake windows and total napping hours, please see pages 27-33.)

| Wake Window Before Nap 1 | Wake Window Before Nap 2 (if applicable) | Wake Window Before Nap 3 (if applicable) | Wake Window Before Bedtime | Total Napping Hours |
|--------------------------|---|---|----------------------------|---------------------|
| | | | | |

| | Bedtime | 1 st Wake | 2 nd Wake | 3 rd Wake | 4 th Wake | 5 th Wake | 6 th Wake | 7 th Wake | 8 th Wake |
|---|---------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|
| Time | | | | | | | | | |
| 1 st Pop-In (5 mins later) | | | | | | | | | |
| 2 nd Pop-In (10 mins later) | | | | | | | | | |
| 3 rd Pop-In (15 mins later) | | | | | | | | | |
| 4 th Pop-In (15 mins later) | | | | | | | | | |
| 5 th Pop-In (15 mins later) | | | | | | | | | |
| 6 th Pop-In (15 mins later) | | | | | | | | | |
| 7 th Pop-In (15 mins later) | | | | | | | | | |
| 8 th Pop-In (15 mins later) | | | | | | | | | |
| 9 th Pop-In (15 mins later) | | | | | | | | | |
| 10 th Pop-In (15 mins later) | | | | | | | | | |
| Time to Sleep | | | | | | | | | |
| Total Amount of Crying | | | | | | | | | |
| Notes | | | | | | | | | |

*If at bottom of the roller coaster when pop-in is due...Wait!



Night 5

My Why/Sleep Mantra: _____

Notes from today: (For guidelines on appropriate wake windows and total napping hours, please see pages 27-33.)

| Wake Window Before Nap 1 | Wake Window Before Nap 2 (if applicable) | Wake Window Before Nap 3 (if applicable) | Wake Window Before Bedtime | Total Napping Hours | | | | | |
|---|---|---|----------------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|
| | | | | | | | | | |
| Time | Bedtime | 1 st Wake | 2 nd Wake | 3 rd Wake | 4 th Wake | 5 th Wake | 6 th Wake | 7 th Wake | 8 th Wake |
| 1 st Pop-In (5 mins later) | | | | | | | | | |
| 2 nd Pop-In (10 mins later) | | | | | | | | | |
| 3 rd Pop-In (15 mins later) | | | | | | | | | |
| 4 th Pop-In (15 mins later) | | | | | | | | | |
| 5 th Pop-In (15 mins later) | | | | | | | | | |
| 6 th Pop-In (15 mins later) | | | | | | | | | |
| 7 th Pop-In (15 mins later) | | | | | | | | | |
| 8 th Pop-In (15 mins later) | | | | | | | | | |
| 9 th Pop-In (15 mins later) | | | | | | | | | |
| 10 th Pop-In (15 mins later) | | | | | | | | | |
| Time to Sleep | | | | | | | | | |
| Total Amount of Crying | | | | | | | | | |
| Notes | | | | | | | | | |

*If at bottom of the roller coaster when pop-in is due...Wait!

Night 6

My Why/Sleep Mantra: _____

Notes from today: (For guidelines on appropriate wake windows and total napping hours, please see pages 27-33.)

| Wake Window Before Nap 1 | Wake Window Before Nap 2 (if applicable) | Wake Window Before Nap 3 (if applicable) | Wake Window Before Bedtime | Total Napping Hours |
|--------------------------|---|---|----------------------------|---------------------|
| | | | | |

| | Bedtime | 1 st Wake | 2 nd Wake | 3 rd Wake | 4 th Wake | 5 th Wake | 6 th Wake | 7 th Wake | 8 th Wake |
|---|---------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|
| Time | | | | | | | | | |
| 1 st Pop-In (5 mins later) | | | | | | | | | |
| 2 nd Pop-In (10 mins later) | | | | | | | | | |
| 3 rd Pop-In (15 mins later) | | | | | | | | | |
| 4 th Pop-In (15 mins later) | | | | | | | | | |
| 5 th Pop-In (15 mins later) | | | | | | | | | |
| 6 th Pop-In (15 mins later) | | | | | | | | | |
| 7 th Pop-In (15 mins later) | | | | | | | | | |
| 8 th Pop-In (15 mins later) | | | | | | | | | |
| 9 th Pop-In (15 mins later) | | | | | | | | | |
| 10 th Pop-In (15 mins later) | | | | | | | | | |
| Time to Sleep | | | | | | | | | |
| Total Amount of Crying | | | | | | | | | |
| Notes | | | | | | | | | |

*If at bottom of the roller coaster when pop-in is due...Wait!

Night 7

My Why/Sleep Mantra: _____

Notes from today: (For guidelines on appropriate wake windows and total napping hours, please see pages 27-33.)

| Wake Window Before Nap 1 | Wake Window Before Nap 2 (if applicable) | Wake Window Before Nap 3 (if applicable) | Wake Window Before Bedtime | Total Napping Hours | | | | | |
|---|---|---|----------------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|
| | | | | | | | | | |
| Time | Bedtime | 1 st Wake | 2 nd Wake | 3 rd Wake | 4 th Wake | 5 th Wake | 6 th Wake | 7 th Wake | 8 th Wake |
| 1 st Pop-In (5 mins later) | | | | | | | | | |
| 2 nd Pop-In (10 mins later) | | | | | | | | | |
| 3 rd Pop-In (15 mins later) | | | | | | | | | |
| 4 th Pop-In (15 mins later) | | | | | | | | | |
| 5 th Pop-In (15 mins later) | | | | | | | | | |
| 6 th Pop-In (15 mins later) | | | | | | | | | |
| 7 th Pop-In (15 mins later) | | | | | | | | | |
| 8 th Pop-In (15 mins later) | | | | | | | | | |
| 9 th Pop-In (15 mins later) | | | | | | | | | |
| 10 th Pop-In (15 mins later) | | | | | | | | | |
| Time to Sleep | | | | | | | | | |
| Total Amount of Crying | | | | | | | | | |
| Notes | | | | | | | | | |

*If at bottom of the roller coaster when pop-in is due...Wait!

Night 8

My Why/Sleep Mantra: _____

Notes from today: (For guidelines on appropriate wake windows and total napping hours, please see pages 27-33.)

| Wake Window Before Nap 1 | Wake Window Before Nap 2 (if applicable) | Wake Window Before Nap 3 (if applicable) | Wake Window Before Bedtime | Total Napping Hours |
|--------------------------|---|---|----------------------------|---------------------|
| | | | | |

| | Bedtime | 1 st Wake | 2 nd Wake | 3 rd Wake | 4 th Wake | 5 th Wake | 6 th Wake | 7 th Wake | 8 th Wake |
|---|---------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|
| Time | | | | | | | | | |
| 1 st Pop-In (5 mins later) | | | | | | | | | |
| 2 nd Pop-In (10 mins later) | | | | | | | | | |
| 3 rd Pop-In (15 mins later) | | | | | | | | | |
| 4 th Pop-In (15 mins later) | | | | | | | | | |
| 5 th Pop-In (15 mins later) | | | | | | | | | |
| 6 th Pop-In (15 mins later) | | | | | | | | | |
| 7 th Pop-In (15 mins later) | | | | | | | | | |
| 8 th Pop-In (15 mins later) | | | | | | | | | |
| 9 th Pop-In (15 mins later) | | | | | | | | | |
| 10 th Pop-In (15 mins later) | | | | | | | | | |
| Time to Sleep | | | | | | | | | |
| Total Amount of Crying | | | | | | | | | |
| Notes | | | | | | | | | |

*If at bottom of the roller coaster when pop-in is due...Wait!

Night 9

My Why/Sleep Mantra: _____

Notes from today: (For guidelines on appropriate wake windows and total napping hours, please see pages 27-33.)

| Wake Window Before Nap 1 | Wake Window Before Nap 2 (if applicable) | Wake Window Before Nap 3 (if applicable) | Wake Window Before Bedtime | Total Napping Hours | | | | | |
|---|---|---|----------------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|
| | | | | | | | | | |
| Time | Bedtime | 1 st Wake | 2 nd Wake | 3 rd Wake | 4 th Wake | 5 th Wake | 6 th Wake | 7 th Wake | 8 th Wake |
| 1 st Pop-In (5 mins later) | | | | | | | | | |
| 2 nd Pop-In (10 mins later) | | | | | | | | | |
| 3 rd Pop-In (15 mins later) | | | | | | | | | |
| 4 th Pop-In (15 mins later) | | | | | | | | | |
| 5 th Pop-In (15 mins later) | | | | | | | | | |
| 6 th Pop-In (15 mins later) | | | | | | | | | |
| 7 th Pop-In (15 mins later) | | | | | | | | | |
| 8 th Pop-In (15 mins later) | | | | | | | | | |
| 9 th Pop-In (15 mins later) | | | | | | | | | |
| 10 th Pop-In (15 mins later) | | | | | | | | | |
| Time to Sleep | | | | | | | | | |
| Total Amount of Crying | | | | | | | | | |
| Notes | | | | | | | | | |

*If at bottom of the roller coaster when pop-in is due...Wait!

Night 10

My Why/Sleep Mantra: _____

Notes from today: (For guidelines on appropriate wake windows and total napping hours, please see pages 27-33.)

| Wake Window Before Nap 1 | Wake Window Before Nap 2 (if applicable) | Wake Window Before Nap 3 (if applicable) | Wake Window Before Bedtime | Total Napping Hours |
|--------------------------|---|---|----------------------------|---------------------|
| | | | | |

| | Bedtime | 1 st Wake | 2 nd Wake | 3 rd Wake | 4 th Wake | 5 th Wake | 6 th Wake | 7 th Wake | 8 th Wake |
|---|---------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|
| Time | | | | | | | | | |
| 1 st Pop-In (5 mins later) | | | | | | | | | |
| 2 nd Pop-In (10 mins later) | | | | | | | | | |
| 3 rd Pop-In (15 mins later) | | | | | | | | | |
| 4 th Pop-In (15 mins later) | | | | | | | | | |
| 5 th Pop-In (15 mins later) | | | | | | | | | |
| 6 th Pop-In (15 mins later) | | | | | | | | | |
| 7 th Pop-In (15 mins later) | | | | | | | | | |
| 8 th Pop-In (15 mins later) | | | | | | | | | |
| 9 th Pop-In (15 mins later) | | | | | | | | | |
| 10 th Pop-In (15 mins later) | | | | | | | | | |
| Time to Sleep | | | | | | | | | |
| Total Amount of Crying | | | | | | | | | |
| Notes | | | | | | | | | |

*If at bottom of the roller coaster when pop-in is due...Wait!

Night 11

My Why/Sleep Mantra: _____

Notes from today: (For guidelines on appropriate wake windows and total napping hours, please see pages 27-33.)

| Wake Window Before Nap 1 | Wake Window Before Nap 2 (if applicable) | Wake Window Before Nap 3 (if applicable) | Wake Window Before Bedtime | Total Napping Hours | | | | | |
|---|---|---|----------------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|
| | | | | | | | | | |
| Time | Bedtime | 1 st Wake | 2 nd Wake | 3 rd Wake | 4 th Wake | 5 th Wake | 6 th Wake | 7 th Wake | 8 th Wake |
| 1 st Pop-In (5 mins later) | | | | | | | | | |
| 2 nd Pop-In (10 mins later) | | | | | | | | | |
| 3 rd Pop-In (15 mins later) | | | | | | | | | |
| 4 th Pop-In (15 mins later) | | | | | | | | | |
| 5 th Pop-In (15 mins later) | | | | | | | | | |
| 6 th Pop-In (15 mins later) | | | | | | | | | |
| 7 th Pop-In (15 mins later) | | | | | | | | | |
| 8 th Pop-In (15 mins later) | | | | | | | | | |
| 9 th Pop-In (15 mins later) | | | | | | | | | |
| 10 th Pop-In (15 mins later) | | | | | | | | | |
| Time to Sleep | | | | | | | | | |
| Total Amount of Crying | | | | | | | | | |
| Notes | | | | | | | | | |

*If at bottom of the roller coaster when pop-in is due...Wait!

Night 12

My Why/Sleep Mantra: _____

Notes from today: (For guidelines on appropriate wake windows and total napping hours, please see pages 27-33.)

| Wake Window Before Nap 1 | Wake Window Before Nap 2 (if applicable) | Wake Window Before Nap 3 (if applicable) | Wake Window Before Bedtime | Total Napping Hours |
|--------------------------|---|---|----------------------------|---------------------|
| | | | | |

| | Bedtime | 1 st Wake | 2 nd Wake | 3 rd Wake | 4 th Wake | 5 th Wake | 6 th Wake | 7 th Wake | 8 th Wake |
|---|---------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|
| Time | | | | | | | | | |
| 1 st Pop-In (5 mins later) | | | | | | | | | |
| 2 nd Pop-In (10 mins later) | | | | | | | | | |
| 3 rd Pop-In (15 mins later) | | | | | | | | | |
| 4 th Pop-In (15 mins later) | | | | | | | | | |
| 5 th Pop-In (15 mins later) | | | | | | | | | |
| 6 th Pop-In (15 mins later) | | | | | | | | | |
| 7 th Pop-In (15 mins later) | | | | | | | | | |
| 8 th Pop-In (15 mins later) | | | | | | | | | |
| 9 th Pop-In (15 mins later) | | | | | | | | | |
| 10 th Pop-In (15 mins later) | | | | | | | | | |
| Time to Sleep | | | | | | | | | |
| Total Amount of Crying | | | | | | | | | |
| Notes | | | | | | | | | |

*If at bottom of the roller coaster when pop-in is due...Wait!



Night 13

My Why/Sleep Mantra: _____

Notes from today: (For guidelines on appropriate wake windows and total napping hours, please see pages 27-33.)

| Wake Window Before Nap 1 | Wake Window Before Nap 2 (if applicable) | Wake Window Before Nap 3 (if applicable) | Wake Window Before Bedtime | Total Napping Hours | | | | | |
|---|---|---|----------------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|
| | | | | | | | | | |
| Time | Bedtime | 1 st Wake | 2 nd Wake | 3 rd Wake | 4 th Wake | 5 th Wake | 6 th Wake | 7 th Wake | 8 th Wake |
| 1 st Pop-In (5 mins later) | | | | | | | | | |
| 2 nd Pop-In (10 mins later) | | | | | | | | | |
| 3 rd Pop-In (15 mins later) | | | | | | | | | |
| 4 th Pop-In (15 mins later) | | | | | | | | | |
| 5 th Pop-In (15 mins later) | | | | | | | | | |
| 6 th Pop-In (15 mins later) | | | | | | | | | |
| 7 th Pop-In (15 mins later) | | | | | | | | | |
| 8 th Pop-In (15 mins later) | | | | | | | | | |
| 9 th Pop-In (15 mins later) | | | | | | | | | |
| 10 th Pop-In (15 mins later) | | | | | | | | | |
| Time to Sleep | | | | | | | | | |
| Total Amount of Crying | | | | | | | | | |
| Notes | | | | | | | | | |

*If at bottom of the roller coaster when pop-in is due...Wait!

Night 14

My Why/Sleep Mantra: _____

Notes from today: (For guidelines on appropriate wake windows and total napping hours, please see pages 27-33.)

| Wake Window Before Nap 1 | Wake Window Before Nap 2 (if applicable) | Wake Window Before Nap 3 (if applicable) | Wake Window Before Bedtime | Total Napping Hours |
|--------------------------|---|---|----------------------------|---------------------|
| | | | | |

| | Bedtime | 1 st Wake | 2 nd Wake | 3 rd Wake | 4 th Wake | 5 th Wake | 6 th Wake | 7 th Wake | 8 th Wake |
|---|---------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|
| Time | | | | | | | | | |
| 1 st Pop-In (5 mins later) | | | | | | | | | |
| 2 nd Pop-In (10 mins later) | | | | | | | | | |
| 3 rd Pop-In (15 mins later) | | | | | | | | | |
| 4 th Pop-In (15 mins later) | | | | | | | | | |
| 5 th Pop-In (15 mins later) | | | | | | | | | |
| 6 th Pop-In (15 mins later) | | | | | | | | | |
| 7 th Pop-In (15 mins later) | | | | | | | | | |
| 8 th Pop-In (15 mins later) | | | | | | | | | |
| 9 th Pop-In (15 mins later) | | | | | | | | | |
| 10 th Pop-In (15 mins later) | | | | | | | | | |
| Time to Sleep | | | | | | | | | |
| Total Amount of Crying | | | | | | | | | |
| Notes | | | | | | | | | |

*If at bottom of the roller coaster when pop-in is due...Wait!



Frequently Asked Questions



My baby is so strong-willed, will this plan still work with him?

Let's face it. Strong-willed babies are just SMART. It's true. They know what they want and are determined to get it! That's a great quality to have in life. True? YES! Be proud of that strong will. It will take him far in this world. However, strong-willed babies tend to protest the most the first few nights of sleep training. HOWEVER, they also tend to be VERY fast learners. Strong-willed babies need you to be SO CONSISTENT and once you are... BOOM, they get it! Honestly, these babies are the ones that are doing amazing in just the first week! Consistency will be very important with the strong-willed baby. Yes, this plan will work for your baby, too.

Early mornings are a struggle. We were consistent for 14 nights following this sleep plan, but my baby is still waking at the 10-10.5 hour mark. What can we do?

First, make sure no sunlight is coming in through the window. Also, ensure the sound machine is loud enough to drown out any early morning noises. Then, consider making your bedtime earlier. You must really try to have your baby in the crib no later than 7:00pm. If your bedtime is already 7:00pm, then watch the wake window between the last nap of the day and bedtime. Often if a baby's wake window is too long prior to bed, early morning wakings occur. You may need to add in a catnap prior to bedtime.

If you haven't begun nap training, now may be the time.

If your baby is lacking daytime sleep, you may see this materialize in early morning wakings.

If you are doing all of the above and still struggling with early morning wakings, you may need to add in a feeding at 10:00-11:00pm. Hunger may legitimately be the culprit. Please only feed your baby when he is asleep. See page 21.

My baby throws his lovey or pacifier out of the crib when crying, but I know he needs it to go back to sleep. When can I place it back in the crib?

Place the lovey or pacifier back in the crib during pop-ins. If your baby falls asleep without it, you can go back in the room and place it in the crib once he's asleep. Please do NOT put the pacifier in his mouth or even in his hand; simply place it back in the crib where he can reach it.

My 5 month old (feel free to insert 6,7,8, or 9 month old) really fights that 3rd nap of the day. He really needs it, but it's such a fight. What can I do?

That 3rd nap of the day can be such a beast. It's typically just a "catnap" and is intended to help a baby be rested until bedtime. This nap can be 30-45 minutes long. Some will protest big time and never take it. Fit the 3rd nap into your baby's routine the best way you can. If this needs to be an "Oops Nap" that happens in the car seat, stroller, or in mom's arms initially, that's fine. Just get this 3rd nap in to the best of your ability.

If my baby is sitting and/or standing, do I lay him down at pop-ins?

You may lay him down one time at each pop-in on Nights 1 and 2. Don't let it become a battle. Do it once. If he chooses to sit/stand, allow him. Our bodies naturally want to lie down when we are tired. This may take time, but your baby will eventually lie down. Sometimes, babies will actually fall asleep standing up. Give him about 20 minutes and he will, most likely, awaken and lay down. (Typically going in to lay him down just causes him to wake up and get upset.)

Is a 6:15pm bedtime too early?

As a general rule, shoot for at least 6:30pm for bedtime, but if your baby's last nap ended early and this is needed to prevent your baby from being overtired, it is acceptable. Please realize your baby may be awake and ready to start his day at 5:15-5:30am. If this is the constant cycle, attempt a catnap in the late afternoon to help push bedtime a bit later.

Will my milk supply drop if my baby starts sleeping through the night?

As you follow the advice set forth in the night weaning, it will be a gradual weaning of night feedings. As your baby is receiving less and less at night, he will nurse more aggressively during the day to get those extra calories. Maintain feedings every 2-3.5 hours according to your baby's hunger cues all day long to maintain your supply.

Our goal is to match your milk supply with your baby's intake. Typically, this is NOT a problem as it's not an abrupt drop of feedings. Once babies are sleeping through the night, some moms find that pumping before they go to sleep at night is helpful. If you do notice a drop in your milk supply, pump before you go to bed and again at 2:00-3:00am for just a week or so. Continue to feed according to all hunger cues during the day.

If I am working on sleep training at night, will going to daycare mess up my baby's progress?

Honestly, daycare babies are some of the best nap takers. Daycare providers are typically very in touch with sleepy cues and setting babies up for successful napping.

Remember daytime and nighttime sleep use different parts of the brain. Whatever is happening at daycare typically won't affect night training initially.

Here are a few pointers for daycare providers if you'd like to guide them:

- Please make sure my baby is having a bottle about every 3 hours,
- Offer naps according to sleepy cues and age appropriate wake windows,
- Don't allow my baby to nap too late in the afternoon or evening because this could make bedtime difficult. (See "Conquering Naps and Creating Schedules").

Many, many, many babies have been successful with this program while attending daycare.

What if my baby is premature?

Please use your baby's adjusted age (the age from your due date). Do not start sleep training until your baby is 5 months adjusted and is gaining weight well. Please discuss this with your pediatrician.

How do I make this plan work if I have twins?

This sleep plan has been incredibly successful for twins. Treat them as individuals and follow this plan. Some parents keep them in the nursery together. Amazingly, twins learn to sleep well despite their sibling awakening. Feel free to keep them both in the same room.

Other times, parents find more success by separating the twins for 14 nights. Please place your "better sleeper" in a spare bedroom in a Pack N Play (or crib if you can move it out). Replicate the nursery- block out light, get another sound machine, and follow the same bedtime routine. Do your bedtime routine in the room in which this baby is sleeping. As for night weaning, just feed one baby first then the next as long as he/she is asleep.

What if we plan to travel?

I highly recommend that you are home for one month while implementing this sleep plan. The first 14 nights are for following this plan and the next 14 really help solidify these new sleep patterns.

Don't be afraid to travel once you have a great sleeper. I wrote a blog post called "Oh Baby, Let's Travel" for you. Check it out: www.TakingCaraBabies.com/blog. This will give you advice on traveling. Try to be consistent as you are away from home, but remember: what happens on vacation, stays on vacation. If everything falls apart, when you get home, pull this plan out and follow it again. It typically only takes 3-5 nights to get your good sleeper back if you consistently follow this plan.

Do I have to be home for every single nap?

While working on conquering naps initially, please try to be home as often as possible and make naps a priority. Once your baby is napping well, shoot for the 80/20 rule. Eighty percent of the time, be home and have a strong nap environment. However, life DOES happen. Balance is a beautiful thing. If a nap has to occur as you pick up your other children from school, bring your baby home from daycare, or because you had to run errands...so be it. This is real life. Naps should be important, but you don't have to be chained to the house either.

What about teething?

If you see a tooth currently breaking through the skin, do not start this plan. Wait 24-48 hours. The most painful part of teething is typically when the tooth is breaking the skin. If you have already begun this plan and see a tooth breaking, you do not have to stop. Instead, recognize that your baby may have additional pain and please consider administering Motrin at the advice of your pediatrician. (Tylenol for babies under 6 months). It may have to be re-administered in the night. Once your baby is sleeping through the night, rarely does a baby awaken for teething pain. If he does, feel free to administer Motrin as directed by your pediatrician.

What if my baby gets sick in the first 14 nights?

Sick babies need their parents. Please use your judgment and common sense during this plan. If your baby gets ill, you may have to stop everything. I know this will be so disappointing, but it really is in your baby's best interest. Once he's 110% well, you can resume this plan.

What do I do if my baby gets sick a few months after completing this plan?

Remember, sick babies need their parents. If they aren't eating well during the day or have been vomiting, they will need night feedings to keep from dehydrating. Just follow your baby's hunger cues even in the night. Now, remember, sleep is often good medicine for your baby, so feel free to help your baby get sleep by offering a consistent bedtime routine and sleeping environment.

During an illness, some parents find it helpful to take a mattress in their baby's room in order to sleep near their baby rather than removing the baby from the crib. This is ok! Do what is best for your baby. Don't stress about this sleep plan if your baby is ill. Once your baby is well, follow this plan to get your good little sleeper back again.

What if my baby is rolling onto his tummy and can't get back to his back?

Ask your pediatrician, but most doctors will say, "a baby who can roll to his tummy is safe to sleep in this position". **Make sure your baby is not swaddled.** Allow your baby to learn to put himself to sleep and back to sleep on his tummy. Do not flip him over each time he gets stuck in this position. Soon he will learn to sleep on his tummy or roll to his back.

What if my baby vomits while following this plan and I know he's NOT sick?

Very rarely will a baby vomit from crying. This is so disturbing to parents. Here's why it happens: we offered the baby a feeding and burped him well. He has a nice full tummy of milk. Now, he is crying. He is taking in air from crying. An air bubble gets under this full belly of milk. He lets out a burp that is very forceful due to the crying. It shoots milk everywhere like projectile vomiting.

Go into your baby's room. Clean him up and change his jammies and bedding. Give him a hug and kiss and put him back to bed. Consider offering a feeding later in the night ONLY after he's asleep (See C.U.T. F.E.E.D.S. on page 15).



Our lifestyle would just function better with a 9:00pm to 9:00am routine. Often times we aren't even home from work until 6:30pm. Can we just keep our baby up later and have him sleep later?

Babies have internal clocks and rhythms. Most babies come to a natural lull in their day at 6:45-7:45pm. This is the easiest bedtime and helps them sleep longest. Most babies naturally wake up between 6:00-7:00am. Breaking this natural rhythm is nearly impossible. Most babies, when put down later, will still awaken at that 6:00-7:00am time period **or even earlier**.

I have worked with many Major League Baseball (MLB) families. Some babies do okay with a 9:00-10:00pm bedtime and 8:00-9:00am wake time. However, a large majority find their infants just can't adjust to this schedule. After about age 2-3, toddlers can gradually adjust to this schedule a bit easier.

I'm having a really hard time keeping my baby awake during the bedtime routine. He is always falling asleep during that feeding. What do I do?

Try offering the feeding in a different order in the bedtime routine. Perhaps do the feeding right before the bath. Try offering the feeding immediately after the bath and then put on pajamas and a sleep sack. Perhaps your baby needs to be fed with the lights on in the bedroom. Feel free to alter the bedtime routine to help your baby stay awake prior to bedtime. Also, try moving bedtime 10-30 minutes earlier.

If my baby is sleeping past the 12 hour mark in the morning, do I wake him?

Yes. You can let him go about 12.5 hours, but beyond that, it's time to start the day.

How long can I allow my baby to nap?

If your baby is taking more than one nap a day, wake him after 2-2.5 hours; much longer than 2-2.5 hours and it begins to push the second nap later and interferes with bedtime.

My baby's diaper is always leaking. What night diapers do you recommend?

Pamper's Overnights are my favorite for those who struggle with leaky night diapers. Also, check out Sposie Booster Pads. After night feedings are weaned, most parents find that leaky diapers are no longer a problem.

How do I follow this plan when I have an older child who may be awakened?

If your older child is over 2.5 years of age, explain that your baby is learning to sleep through the night. Instruct them that if they hear the baby in the night, to roll over and go back to sleep. Say to your older child, "You can tell me in the morning if you hear the baby, but you are not allowed to get out of bed in the night."

Also, consider placing a sound machine in the older child's room. Remember, toddlers and young children are very sound sleepers. (Many sleep so soundly that they won't even awaken to a fire alarm.) Very few actually awaken throughout this process.

What if my older child and baby share a room?

I highly recommend giving your baby his own space for 14 nights while following Your Baby's Sleep Plan. Move the older child to a temporary bedroom (your room, a spare room, the living room) until your baby is sleeping well. Then, move your older child back into the bedroom.

What if we only have a one-bedroom home? Can't we just keep the baby in our room and follow this plan?

The success rate of this plan drops dramatically when room sharing for the first 14 nights. If you only have one bedroom, please keep the baby in the bedroom and you move to the living room at bedtime. I know this is very inconvenient.

Remember, it is just for 14 nights. Once your baby is sleeping well, you may move back into the bedroom. Please move the crib across the room from your bed. Find a way to divide the room so you aren't a distraction for your baby. For example, hang a sheet from the ceiling (command strips work great for this task, but remember it needs to be a safe distance from the crib for safety).

What if my baby falls and hits his head while in the crib? What if he is constantly banging his head?

Any physical need your baby has, you will meet. If your baby falls and hits his head, go check on him. Comfort him, assess his injury, and resume the plan only if you are confident he is fine. If you feel your baby's head is truly hurt, call your pediatrician for medical advice.

Some babies will begin banging their heads once they see this will get them out of the crib. (This typically occurs at 15-24 months of age.) Please discuss this with your pediatrician. Most pediatricians will inform you that babies will stop this behavior when it is not rewarded. Most pediatricians believe babies will NOT truly harm themselves with this behavior. Again, please speak to your doctor about this issue.

Why have my baby's naps seem to have gotten worse after following his night plan?

As a baby learns to sleep through the night, naps can either naturally start to get better or they absolutely fall apart. If you notice your naps have gotten worse, please do not worry. It is time to begin official nap training.

We have begun nap training, but my baby just won't sleep past 20-40 minutes. Why is this happening?

A short nap (20-45 minutes) is typically the result of a baby sleeping for only one sleep stage (20-30 minutes) or one sleep cycle (30-45 minutes). Our goal is to help him bridge these sleep cycles into one long nap lasting 50-120 minutes.

Please make sure your baby is putting himself to sleep at each nap once you have begun nap training. Make the room as dark as possible and be sure you are using a sound machine. If his naps are less than 50 minutes please allow him to stay in his crib for 15-25 minutes after waking to see if he'll put himself back to sleep. (Do not go into the room during this time.) If he does not put himself back to sleep, go in and get him during a QUIET moment or a LULL in the crying. This process can take 2-4 weeks of consistency before seeing improvement. See page 25 for more details.

My baby is hoarse. My baby is clingy. My baby is more fussy than normal. Is this ok?

During the first 14 days following Your Baby's Sleep Plan, he may seem a bit "out of sorts". Sometimes babies are actually more tired causing them to be a bit more cranky, fussy, or clingy. Please do not let this cause you undue stress. Your sweet, happy baby will return in just a few days to a week as his sleep improves. Be extra patient as this is a huge developmental stride for him. If he is hoarse from crying, that will resolve in a few days as well. It does not cause pain.

My baby has learned to crawl. My baby has learned to stand. My baby has separation anxiety. My baby has hit a sleep regression. What do I do?

Follow "Your Baby's Sleep Plan". If your baby's sleep has been derailed for any reason, go back to this plan and follow it diligently. Typically in 3-5 days, you will have your great sleeper back again. Consistency is the answer for most sleep disturbances.

What if we are following this plan and we are not seeing success?

Please arrange a phone consult by emailing info@takingcarababies.com. We can overcome any issue as long as it's not a medical problem. I desire success for you and your family. Please do not get frustrated. We can work through any problem.





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Notes

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