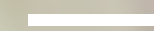


FREE PRINTABLE

SLEEP TRAINING

YOUR BABY



beingyourmommy.com

Sleep Training

- If breastfeeding, wait until 3-7 days to begin until mature milk comes in (Mature milk is thin, white and plentiful)
- Until your mature milk comes in, feed your baby on demand.
- While feeding baby on demand, track your feedings. I recommend the free Sprout app.
- Once your mature milk comes in, look at your tracking to see how often baby is feeding. This is our starting point: “Day 0”
- The goal is to get baby on a 3.5-4 hour schedule between feedings during the day. A newborn baby should never go more than 4 hours without a feeding (except at night) so you should always wake the baby at the four hour mark. If you find that four hours is too much for your little one, stick with the max time that seems to work best for them.
- We are going to add just 15 minutes per feeding starting at Day 0 to help baby get on our ideal schedule. When we add the 15 minutes, we add 15 minutes to the first feeding and then 15 minutes from THAT feeding.
- I’m going to use 3 hours between feedings on Day 0 as an example.

Day 0	8:00am	11:00am	2:00pm	5:00pm	8:00pm	11:00pm	2:00am	5:00am
Day 1	8:00am	11:15am	2:30pm	5:45pm	9:00pm	12:15am	3:30am	6:45am
Day 2	8:00am	11:30am	3:00pm	6:30pm	10:00pm	1:30am	5:00am	
Day 3	8:00am	11:45am	3:30pm	7:15pm	11:00pm	2:45am	6:30am	
Day 4	8:00am	12:00pm	4:00pm	8:00pm	12:00am	(4:00am)		

Sleeping Through the Night

- It's important to stick to your first feeding time (in the case of our example, that's 8:00am). Always keep the first feeding of the day at the same time regardless of when the previous feeding takes place
- Once you get to Day 4 on the chart, it's time to work on sleeping through the night.
- Using Day 4 on the example chart, after the 12:00am feeding, do not wake baby up for the 4:00am feeding. Let baby sleep as long as they're able to and take note of the time they wake.
- The following day, you'll want baby to go at least 15 minutes longer than the time that they slept previously. So, if baby slept until 5:00am, you'll want them to get to 5:15am.
- The day after that, you'll want them to go until 5:30am, and so on. You will not wake them at that time, but try to help them get that at least that far. A one month old baby can sleep 8-12 hours at night safely
- Try putting baby to sleep after the 12:00am feeding in a Rock N Play. When baby gets fussy in the middle of the night, turn on the Rock N Play. The rocking and white noise will help soothe baby and they may go back to sleep for several hours.
- Once baby is sleeping through the night, wean them off of the rocking portion of the Rock N Play. When they don't need the rocking, start putting them in their crib during the daytime for naps. And, when they sleep well during naptime in the crib, you can move them to their crib for nighttime.
- Don't try to be quiet around the baby. When they're in the womb, a mother's heartbeat is as loud as a vacuum directly next to them, so they're used to it being noisy. If you tiptoe around them, you're setting them up for only being able to sleep in silence
- Get baby on 7-8 hours of sleep at night before honing in on the ideal sleeping times for parents. When you start to move towards the parent's ideal time, do so at 15 minute increments per day once again

Quotes to Focus On

- This is NOT a cry it out method. Soothe and bond with your baby!
- Take this as slow or fast as you feel comfortable. It is not a race.
- As long as you're increasing the time between feedings each day you are going forward, not backward. Even if that means 1 minute longer than baby went yesterday, that's progress.
- Don't judge the baby's progress off of another baby. Any progress is forward progress and some regressions are bound to happen.
- Trust the method in the occasional backslide. If baby has a regression, give both your child and yourself some grace and try again tomorrow.
- Crying is to talking as crawling is to walking, it's communication and isn't always communicating discomfort. It's ok for baby to cry.
- Just because your baby is crying does not mean that they're hungry. It could be discomfort from a diaper, gas, or just being tired.
- The same goes for a baby "rooting" for food. Babies have an innate need to suck. Though rooting can be a sign of hunger, sucking is also a method of self soothing. Milk/sucking is relaxing to a baby whether they're hungry or not.
- The relationship of the parents is paramount. Happy, well rested parents are the best parents and partners in raising a child. "Use the oxygen mask on yourself before assisting others"
- By sleep training your baby, you're playing the long game on behalf of your baby, not grasping for your own quick fix. This overnight crying is more difficult for you than for your baby. Don't sacrifice what is best for your baby to soothe yourself
- You should be able to **enjoy** your baby
- Sleep training helps the baby to learn to self soothe
- Don't let third parties derail you.

Soothing Methods

- Holding/ rocking/ singing etc.
- White noise machine
- Bouncers/ rockers/ swings
- If baby has reflux, put them upright for around 20 minutes after feeding. The Rock N Play is a great option for this
- Swaddling

Weight Gain

- The average baby gains one ounce per day for the first month, and about 16-32 ounces per month (1-2 lbs) until month six. A good rule of thumb for breastfeeding is baby eating 15-20 minutes per side.
- If baby has regular wet and poopy diapers, all is generally well.
- For formula fed babies, you want to provide 2.25oz of food multiplied by the baby's weight per 24 hour period. For example, if baby is 10lbs, you'll do $2.25 \times 10 = 22.5\text{oz}$ in 24 hours. If you're on Day 1 of the table above, you would divide 22.5oz by 8 feedings, so baby would be getting about 2.8oz per feeding (more is always welcome!)