

P A R E N T W O R K B O O K

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3-DAY SLEEP SOLUTION

Relief for exhausted parents!

The Eight Steps

To Getting Your Child

To Sleep Through The Night

And Take Great Naps

By Davis Ehrler, PPD



www.3DaySleep.com

Exhausted and at your wit's end?

I dreaded the evenings. I knew what was in store for me. I could count on spending anywhere between one to three hours trying to put my six-month-old baby to sleep. Sometimes she would wake up half an hour later and I would repeat my feeding, holding, bouncing, burping- whatever it took to get her to fall asleep. I would pray that she would stay asleep as I tip-toed to her crib and slowly, gently, stealthily, placed her in her crib. On a good night, this would last about four hours. Then she would call for me in her cute little way (screaming) for me to come in and do it all over again. Needless to say, I was a sleep-deprived, resentful, barely functioning person who did not like her husband, her job, herself, or the world for that matter. I was slowly slipping into a depressed state of existence. I e-mailed a friend and asked for her help. She sent me Davis and within two nights my daughter was sleeping thirteen hours a night and actually napping.

Kathy, Encinitas, CA

If you answered yes to at least four of the questions about your child's sleep habits (on the front page of this workbook), then this program is for you. If you answered yes to at least three of the questions pertaining to your own sleep deprivation, you know you need this program. As far as being exhausted and at your wit's end...no need to answer that question. I know you are tired; that's why you picked up this book.

Sleep deprivation is no laughing matter and it's certainly not normal nor a rite of passage into parenthood. Knowledge about parenting and educating parents in the area of sleep remains in the Stone Age. The most important job is the job with the least training. The thread of pride that is woven through the idea of parenting continues to perpetuate parenting myths as old as Zeus. These myths show no prejudice, and having a baby but the lack of education puts all new parents on the same playing field.

Whether you are a single teenage mother or a Harvard graduate who planned having a child down to the moment of conception, chances are your parenting education is the same. It's

really no different than the sixteen-year-old taking Driver's Ed. and the thirty-five year-old learning to drive a car for the first time. They are in the same boat. No amount of education or life experience prepares someone to drive a car. This is also true of parenting.

As new drivers we are legally bound to take the appropriate course work and test to ensure that we can handle an automobile on the road. As new parents, we are bound to no training and we set ourselves up to make the common mistakes of new parents, which are detrimental to baby and parent. This is the same as a person who assumes he will drive well because he has watched his parents drive throughout his life- in fact he knows he can certainly do better. Nonetheless, he will make unnecessary mistakes that could have been avoided had he simply accepted the appropriate training.

It is my goal to teach you about your infant's sleep and give you the tools you need to establish your baby's healthy sleep habits and stop sabotaging your child's sleep. I will dispel the myths and expose the true secrets of the well-rested child. Knowing each secret will give you the confidence you need as parents to establish healthy sleep habits in your infant. At the end of this program, you can expect a drastic improvement in your child's sleep habits by establishing (1) a more nurturing sleep environment, (2) an age-appropriate bed time, (3) a consistent nap schedule, and (4) your child's uninterrupted process into sleep. Consider me your Driver's Ed. teacher.

Having a well-rested baby is more about knowledge and less about luck.

I receive calls and e-mails everyday from not just tired, but exhausted parents asking for my help with their child who is not sleeping. I know how they feel when they make that call because I've been there - exhausted and at my wit's end.

My third daughter didn't sleep. As she reached her sixth month I was miserable. She fussed, cried, complained, and demanded my presence from morning to night. Needless to say, I was falling apart and so was the continuity



and peace in my home. The fussier she was the more accommodating I became. If she cried, I jumped to her side. I rocked, walked, bounced, fed- anything to get her to sleep for that blissful 30-45 minutes she might grant me- if she let me put her down at all. I had a running joke that my vertebrae were going to fuse together from all the time I spent in the glider chair. I was miserable and I'm sure my husband used to find extra things to do at work to delay his return home, and as soon as I saw him, I would hand her over to him.

All the well-intentioned actions I took to cater to her every whimper were creating an over-tired, needy baby. By six months we were all miserable. I was edgy and irritated, which did not make me the best mommy for my other two happy children. I was angry and frustrated with my husband and I was falling apart myself. It's amazing how one little creature's habits can affect an entire household. It always goes back to one important truism - SLEEP IS JOB #1!

It wasn't until I was at a play date with a friend who had a daughter just eleven days younger than mine that I began to understand that I was the one sabotaging my child's natural ability to sleep. My first two daughters were easy babies, but with my third daughter I could not get away with being uneducated in the area of infant sleep needs.

My dear friend began educating me that day and I took it from there. Through establishing a nurturing sleep environment, appropriate bedtime and nap times, and allowing my child to go to sleep without my interruptions, she slept and became a happier, healthier baby in just 24 hours. When I became a postpartum doula, I began to see that I wasn't alone and that parents simply needed to be educated in the same way I was. More and more I began concentrating on the area of sleep to bring about the education that seems to be lacking in today's baby care classes and, unfortunately, in medical schools.

I've read all the books and I've heard all the theories, but the underlying fact remains that babies simply need sleep. If your baby is healthy, at least 4 months old, and still waking often in the night or not taking productive naps, *read on*. This program is about simply breaking unproductive habits and establishing new productive habits

that will last throughout your baby's restful life. You are three days away from a baby who sleeps through the night and takes productive naps - guaranteed.

Where Do We Start?

The first step in changing your child's sleeping habits, as with any habit, is the making the decision to do so. Our babies and children depend on us to make their decisions. When we are respectful to our children, knowledgeable about how to meet their needs and then allow them to do it, they will thrive. As one mom put it when her baby slept through the night for the first time in ten months, "I think she got the memo." That is what our children are waiting for, the memo. It's up to you to decide what memo you are sending and to stay consistent with it. Once you make the decision to change habits that are unproductive and unhealthy, you will see magic.



SECTION 1 . INFANTS 4 MONTHS to 18 MONTHS

Worksheet #1

THE STARTING POINT

Today's Date: _____

Baby's Age: _____

Baby's Weight: _____

What time does your child go to bed? _____

On average how many times does your child wake up throughout the night? _____

What actions do you take to get your baby back to sleep? _____

Pacifier _____

Feed _____

Rock back to sleep _____

Others: _____

What time does your baby wake up in the morning to begin the day? _____

Does your baby nap consistently? _____ If so, how many naps per day? _____

How long is Nap #1? _____

Nap #2 _____

Nap #3 _____

Where does your baby nap most of the time? _____

What improvements would you like to see in your child's sleep habits?



Below is the preparation that must take place before the actual sleep training begins (crib & baby preparation and eliminating all sleep crutches.) In this program, it's important that all new habits begin at bedtime, and that the nap training follows after the first night.

CRIB PREPARATION/ BABY PREPARATION

Sleep Step #1

A well-rested baby has a crib that is non-stimulating and encourages sleep.

The first step is establishing an environment that nurtures sleep. I call this particular step Crib Preparation. Go to your child's room. Ask yourself: is this a place I could sleep? Look inside the crib – does it have a mobile? Does the crib have toys that make sounds or play music? Can any of the toys be turned on if the baby hits them? Are the sheets bright primary colors? Do they have characters and patterns? Ask yourself how many of these things you would consider having around your bed? You will most likely want none.

If a child wakes in the middle of the night and something is dangling in her face, she might be more interested in the toy than going back to sleep. During naps, if your child is trying to go to sleep and each time he opens his eyes there is something bright or a picture of animals or characters, chances are he will not be interested in going to sleep because these are very stimulating to babies. I am well aware of how cute we want our baby's rooms to be, but always keep in mind that our baby's crib and bedroom are where she sleeps; therefore, these should encourage sleep.

Bumper pads are also something to reconsider. Bumpers, just by being in the crib, can distract your baby from sleep. If the bumper pads are thick, please remove them immediately, as these are positively unsafe. Even if they are not thick, if the pads are bright and over-stimulating, remove them as well. My advice is to take the bumpers out and keep them out. If you are reading this pre-baby – don't buy them at all.

Often babies will have an arm or leg that falls between the slats of the crib. If you find that to

be an issue, you can tie your bumpers to the outside of the crib. Once the child can go from lying down to sitting up, you may want to put the bumpers back in. However, keep in mind that once able to stand, some babies love to use these as tools to catapult themselves out of the crib. If you must have bumpers, solid pads that can be tucked in around the crib are always the better choice. They are boring, I know, but sleep is more important than cuteness. Consider colors and a bedroom that encourage the developing brain to rest. Consider your baby's room just as you would your own.

A note must be made about mirror placement. If you have closet doors that are mirrored and the baby can see himself, cover them or open one to prevent him from seeing himself. When your baby wakes and sees another baby, he doesn't know the baby in the mirror is him so he begins to play.

If you have multiple babies (twins, triplets, etc.) keep in mind that they don't have the ability to honor and respect their sibling's need for rest. I often go into the bedroom of twins and see their cribs close enough to touch. If you must put your babies in the same room, separate them. Although, these babies shared a womb, now they are infants of the same age and playmates who don't do a very good job supporting each other's sleep – especially at naptime.

If they do share a room, it's important for you to stay within the guidelines of this program. Many times parents will run into the room and get one twin to save the other from waking up. In fact, the parents only sabotage the noisy twin's ability to put himself back to sleep. As with everything, handling two babies at one time is more of a challenge, but all you need is a larger dose of consistency and a pinch (or two) of patience.

Once mobiles are taken down, all gadgets and toys are unscrewed from the crib's slats and bumper pads are taken out – you are ready to prep the baby.



Eliminating All Sleep Crutches



Sleep Step #2

Every sleep crutch runs its course.
A well-rested baby is put down when
she is tired and goes to sleep on her
own - just like you do.

At about four months old, it's time to eliminate all sleep crutches and assisted sleep. What are sleep crutches? A sleep crutch is anything that is used to assist your child in going to sleep or used to maintain sleep. This includes: car rides, stroller rides, swings, swaddling, nursing, eating and, of course, pacifiers. A child can learn to put himself to sleep from the time he is born. However, most new parents don't know this, so it's common to see them armed with a schedule of stroller rides and a drawer full of pacifiers. Our commitment to keeping our babies quiet combined with not knowing how much sleep a baby needs nor how often she needs sleep has us succumb to using sleep crutches. Once these crutches run their course, they become habits that increasingly sabotage sleep as the baby gets older.

The idea of sleep crutches can be compared to using actual crutches when a person needs help walking. Babies are born with unorganized brains and need a transition time between womb and world (what some call the fourth trimester). Therefore, they may need help achieving sleep. Often swaddling and a little sucking will help. Although these are indeed sleep crutches, they are needed and can be effective during a baby's "transition". When the child has achieved a level of maturity, he no longer needs these crutches. This is just as when a broken foot heals and the person can walk unaided.

But what happens when that person is afraid to let go of the crutches because it might hurt to put pressure on the foot? He keeps using the crutches and, in time, his foot becomes weaker rather than strong. Over time, the crutches are harder to let go of and the foot will now need even more time before it is strong and can be used again. This is just like what happens when parents hold on to their children's sleep crutches longer than needed.

The goal should be to use sleep crutches effectively and let go of them when the time is right. All sleep crutches can be eliminated by three months for the healthy full-term infant. I find that most sleep crutches are not used for assisting a child's sleep but to assist a child in staying quiet. As parent, we are committed to keeping our babies quiet, thinking we will get a sleeping baby- but this is not the case! Babies are capable of going to sleep without any help - we are simply the guilty party who stops that process.

Sleep crutches make it impossible for babies to fall naturally into a sleep that allows them to flow in and out of non-REM and REM (just as in adults' sleep). The various sleep stages are important for restful, restorative sleep that effectively feeds the developing brain. When a child is unable to enter these stages effectively, his sleep is restless and unproductive.

Here is a break down of how and why each sleep crutch is detrimental to healthy sleep and how each leaves your baby to break unnecessary habits.

A. Car rides = Expensive Naps

I worked with a family who was still driving its 18-month-old twins around for one to two hours before they were fast asleep. Once the family returned home, the mother and grandmother (both very small women) would carry these children up the stairs and place them in their beds. These children had grown so dependent on motion that this was the only way they would go to sleep. Unfortunately, they did not stay asleep very long.

Another mother drove her baby around San Diego for two hours each day during the baby's nap. Needless to say, this was not a good idea at all. Considering gas prices, this baby girl's naps might be considered the most expensive in history. Nonetheless, this mom didn't know what else to do.

As many parents know, car rides can be the magic cure for a baby who is not napping, but this is simply putting a Band-Aid on the problem. Babies will naturally fall asleep in the car, especially around their bedtime or naptime. However, when we use the motion of the car to purposely put our babies to sleep, we have a crutch. There is no doubt that your tired baby will



fall asleep with the motion of a car, but car sleep should always be considered assisted sleep, and assisted sleep is not healthy sleep. Assisted sleep is much like eating junk food. Just as junk food is food, it is never the best choice of food. There is usually a price to pay for taking in too much junk food- empty calories, extra pounds, poor nutrition... Feeding your baby too much junk sleep will also have negative effects. During junk sleep, it is not possible for a baby to flow in and out of the natural REM and non-REM stages of sleep, therefore, making the child's sleep unproductive.

If your baby falls asleep in the car there is no need to transfer the baby from the car seat to the crib because you will most likely lose the nap in the transfer. When the baby wakes consider that nap to be done and go to the next nap. In the next section, we will cover naps.

The car is not a place for assisting a baby to sleep. Ask yourself if you are helping your baby sleep or wanting your baby to be quiet while falling asleep.

B. Stroller Rides: Bargain napping, but still junk

Stroller rides are used more with naps than they are with nighttime sleep. Every day I see a mom strolling along with a sleeping baby. I know first-hand how nice it is to put a baby in a stroller, go for a walk and feel complete relief when the little one falls asleep. Once again, though, it's assisted sleep and, therefore, junk sleep. Junk sleep from time to time is okay, but by four months it's best to respect your child's nap times and let him take his naps in a bed.

Save walks and trips in the stroller for when your baby is awake and can enjoy the outing, too. If your infant does fall asleep in the stroller, do your best to let your baby finish his nap in the stroller- whether it's moving or not.

C. Swings: Not for sleeping

When I see swings in a home I tell the parents they can take it apart and get back that much-needed space in their home. If parents want to keep this space-consuming gadget, I ask that it's simply not turned on. I understand that you may have a dog or other circumstances requiring your

baby to be off the floor. That is fine if you can refrain from turning the swinging motion on. A child will fall asleep in a swing, and it is not okay for a baby beyond three months, if ever, to nap in a swing. Again, it's junk sleep.

D. Rockin' Out Healthy Sleep Habits

Rocking is a close relative to the swing. Rocking chairs are wonderful for the young baby and for the fussy baby. I'd guess that every home with a baby has a rocking chair or a glider. As parents, we love to hold our baby and rock. We love to hold our toddlers and read while rocking. That is quite okay. Use these chairs, but not to put the baby to sleep.

E. Feeding/Nursing: Only for Hunger!

For the first few weeks and months of life, it is difficult for babies to get through a feeding without falling to sleep. Eating is hard work and tiring. When the baby is fed because she is tired or crying, eating becomes a sleep crutch. This is more often a problem with breastfed babies than with bottle fed infants. Often mothers offer the breast whenever the baby exhibits anything other than happiness.

Demand-feeding might be a good idea for the first few weeks of life but once the milk is in, it's time to stop and observe what your baby might be trying to say before offering him food. Often times babies are tired, not hungry. By offering the breast or food when the baby is tired rather than hungry, we begin to confuse our baby. It's best to feed your baby when she is hungry and sleep her when she is tired. Feed your baby before she gets too tired to stay awake at the breast or the bottle. Well-rested babies will stay awake through a feeding. The exception to this is a baby who still needs a feeding in the middle of the night. We want her to be dozing during a nighttime feeding.

G. Swaddling Leads to Later Waddling

Swaddling is the new craze. It has become the cure all for the back and side sleeper. However, beyond six weeks of age, it loses its effectiveness and becomes a habit that many parents are at a loss knowing how to eliminate. Swaddling is okay up to three months, though it is not a smart idea to



tie a baby down in the equivalent of a straight jacket for more than 50% of his day. It's becoming increasingly common to see swaddled babies not crawling until close to a year old and then walking much later.

Swaddling is effective only during the womb-to-world transition. When your baby feels her ability to move during this time, it's settling to have little space to move, as this was her experience in the womb. After about six to twelve weeks, sleep is disrupted by swaddling because the confined baby will begin to fight his way out of the swaddle, just as you would if you were wrapped in your blankets. The latest thing to do is use a bigger or special blanket to swaddle the baby and use as much muscle as you can to tighten that blanket so the baby cannot move. Let common sense prevail on this one. A practice that leaves your baby without the ability to move for hours on end stops her natural ability to use her hands to soothe. Watch your baby when he cries, and you will see him naturally put his hands to his mouth. The swaddle leaves him fighting his way out, disrupting his sleep. This is not a good plan at all.

An unbelievable amount of development happens inside the crib. It's not uncommon for me to work with babies who, at six months, are not rolling over yet, or year-old children who are happy just sitting rather than crawling. Although babies develop at different times, pivotal developments like rolling, crawling, standing, and walking happen later for the baby swaddled long-term.

Your baby spends more than half his waking hours in the crib/bed and he continues to do so until about five years old. It's recommended to put your baby on his back or side, but don't hinder your child's natural ability to develop and use his muscles. At about four months old, your baby gains control of her limbs and loses the startle-reflex (termed the Moro-reflex). Unfortunately, if your infant is swaddled and sleeps on his back, you may have to go through a time of unhealthy sleep until he can learn to get himself comfortable. Swaddling is a sleep crutch and, beyond the third month, it does more harm than good.

H. The Pacifier: Who Really Needs it?

Janie was one of my favorite moms to work with. She is okay with me revealing to you that she actually put a bowl of pacifiers in her baby's crib. Not just one or two "binkies" but an entire bowl. Another sweet mom cried when I told her that we had to remove the 15 pacifiers from her baby's crib. She told me her sister told her to put a lot of pacifiers in the crib so that when the baby woke at night he could easily find one. I got such a chuckle out of that. The poor little guy was probably waking all night because he was rolling over onto them. Using pacifiers is the one habit parents have a lot of anxiety about releasing, and, therefore, a touchy subject.

When I speak to a large group I can hear the gasps in the crowd when I tell the parents that they need to let go of the pacifier. I come across excuse after excuse as to why their babies should keep the pacifier. I've watched baby after baby go through breaking a habit that the parents created. I can feel the anxiety and perspiration right now coming from the pacifier-providing parent who is reading this section. Keep reading and you'll start feeling better.

Pacifiers are and can be very effective for the first few months of life as the brain is becoming organized. Often babies need that extra sucking and they lack coordination in getting their hands to their mouth. If they are swaddled, it's impossible. However, after two to three months they don't need the pacifier.

I often hear from parents that their children are only allowed to have the pacifier in the car and bed. Others will tell me how quiet the baby will be in restaurants if the baby sucks on a pacifier. Recently, I was out to dinner and I watched the mother of a three-month-old baby hold the pacifier in her baby's mouth with her left hand while she ate her entire meal with her right hand. If your baby only gets his pacifier in the car or crib ask yourself why. If your baby is older than four months and still using pacifiers, each time you put the pacifier in your baby's mouth, say, "Please be quiet." You will soon become very aware of who really needs the pacifier.

Pacifiers disrupt sleep in the same way as other sleep crutches. If you have a baby who



uses a pacifier, chances are you are going to her numerous times a night to plug her back up so she can suck herself into the next sleep pattern.

I suggest that if your baby is over three months old, collect all of the pacifiers, stand over the garbage can and cut the tops off, and then throw them away. Don't keep an "emergency" pacifier – throw them all away.

I cannot tell you how grateful I am for your help getting my baby off the pacifier. Your clear, calm, practical advice worked wonders! Now instead of waking up through the night to put the pacifier back in his mouth, he sleeps 10-12 hours without a peep. You are a wonderful resource for all of us tired, frustrated moms who need a little guidance on how to get our babies on the right track.

Susan (Max's mom) in San Diego, CA

SECTION 2 . GETTING SOME SLEEP

Getting the plan established for the first night.

Sleep Step #3: Routines

Sleep Step #4: Bed times

Sleep Step #5: Crying & Effective Processing
Worksheet #2

Sleep Step #6: Well-rested babies have confidence

Sleep Step #7: Night Wakings
Worksheet #3

Sleep Step #8: Naps

Nap Worksheet (#4)

A Consistent Bedtime Routine

Before this program, I would pride my tired self on what a fun mom I was. I used to think, "A bedtime routine is silly because we have no place to be the next day!" If my baby fell asleep on my shoulder at 10:00PM, that was fine with me. If she woke up 4 times a night, I would go to her. After Davis, I realized I was kidding myself. I wasn't a fun mom. I was a naïve and exhausted mom who really had no idea what kind of bedtime routine to follow or when to do it.

Since Davis' coaching, I start our routine every night at 5:00PM sharp- and my 10-month-old knows. Almost like clockwork, she will crawl to

her high-chair and we start the process. Now that I honor her need for structure, my life as a mother is much more fun- and I really am a fun mom now that I'm not constantly exhausted!

Carolyn (Mya's mom) in Los Angeles, CA



Sleep Step #3

A well-rested baby has a consistent bedtime routine to support healthy and natural decompression.

Consistency is exactly what your baby needs in order to learn how to put himself to sleep. Often times his crying comes from simply not knowing what to do. We all have pretty consistent bedtime routines whether we are aware of them or not. Our routine signals our brain to begin the decompression phase of our day. Your baby needs the same thing. Having a consistent and effective bedtime routine will allow your baby to accept going to bed because it is always a given. A good bedtime routine not only helps you keep your evening on schedule, but it also gives your baby signals for decompression into bedtime.

The ideal routine...

5:00PM: Start the routine with dinner (solids) followed by a bath if it's bath night. If it's not, simply get your child ready for bed.

5:45PM: If your baby is under a year old, feed her milk (breast or bottle). For the baby over a year old, begin to read stories. Choose a story that encourages decompression rather than stimulation. I suggest you do a story with a beginning, middle, and end. Stay away from stimulating picture books. Remember this is decompression time.

6:00PM: Lay the baby down for the night.

Age-Appropriate Bedtimes

You have already learned the tough part of this program. Now it's time to reveal the best-kept but easiest secret: BEDTIME, BEDTIME, BEDTIME.

This myth is most likely the most widespread myth parents practice with diligence. Jaws drop when I reveal the most appropriate bedtime for a child. The majority of infants wake each morning between 5:30AM and 6:30AM no matter what



time you lay the child down at night or how many times they wake throughout the night. The child's need for a healthy night's sleep and the ability to do so must be supported and nurtured with an appropriate bedtime.

The age-appropriate bedtime for a baby, at four months through one year is 6:00PM. I know this may sound early but I assure you that it's not. Our babies have a biological clock. Chances are your baby wakes right around 6:00AM every morning, no matter what time you put her to bed. Go back 12 hours from the time your child wakes and you can easily establish an appropriate bedtime. Very few babies will wake before 6:00AM and even fewer babies will wake after 7:00AM. I am a firm believer in the six o'clock hour because it has been my experience that babies are tired at 6:00PM. I have rarely experienced anything different.

I am okay with any bedtime inside the six o'clock hour once the baby is sleeping well. A 12-hour night is optimum, but an 11-hour night is sufficient for some babies. For the sake of sleep training, lay your baby down at 6:00PM. Don't be surprised if your baby's bedtime stays at 6:00PM. I assure you that your child is sleepy at 6:00PM.

We often push our babies beyond their natural bedtime because we think it's "too early" and we are worried that they will wake in the middle of the night and want to stay awake. Parents will erroneously stimulate their baby to keep him awake past his natural bedtime. I often see people having dinner with their infants or at the grocery store, bookstore, Target-you name it- just for the sake of keeping them awake. Just as when we stop our baby's effective processing, we are projecting our thoughts about ourselves onto our baby. Your four-month-old needs 10 to 12 hours of sleep a night. The practice of keeping your baby awake past his natural bedtime will surely result in an over-tired baby who will fight sleep.



Sleep Step #4

The well-rested baby goes to sleep inside the 6 o'clock hour.
It's simple biology.

Age-Appropriate Bedtimes

4 -12 Months: 6:00PM

12-18 Months: 6:30PM

18 Months - 2.5 Years: 6:45PM - 7:00PM

2.5 Years - 5 Years: 7:00PM - 7:30PM

These times may vary a bit depending on how early the child wakes in the morning.

I hope you're ready! It's time to pull those bootstraps up because this is a heavy subject. Let me preface by saying this is not about ignoring your child's needs nor is this about ignoring or abandoning your baby. This is about teaching your child new habits while breaking unproductive habits and always allowing your child to naturally put herself to sleep. And yes, crying is a part of this.

Understanding why you cry and how that is projected onto your baby is important in this process. It's part of a mother's instincts to heed to her child's cries. Crying is the child's way of communicating and it's our need to meet their needs. It's worth mentioning again that it's time to reconsider our commitment to keeping our baby quiet and respect her needs, no matter how noisy.

The key is to know what those needs are and how to meet each need. Our babies cry less when we know what their needs are and how to meet each appropriately. Often times it simply takes a moment to observe before we react. It's not always necessary to keep our baby quiet - it's necessary to meet his need. That may mean letting him cry to meet the need he is working toward. A tired baby might need to cry to get into sleep. An over-tired and over-stimulated baby will definitely need to cry to get into sleep. By you letting him get into sleep, you are effectively meeting a need.

On the first night of this sleep program, as you listen to your baby process into sleep, having someone by your side makes all the difference in the world. Having someone who is more objective or less emotional will keep a sensitive parent from jumping in and thereby sabotaging a very natural process. My support was my husband. More times than not, fathers are the support. They see beyond the emotion and clearly see that something must



change. As I do in-home consultations, I am the objective person who not only takes the mother's mind off what is going on, but spends time educating parents as to how important the process of going to sleep is and how important the baby's self-soothing is during the process.

In this section, I will be educating you. The issue of crying is a delicate one. The truth is: if we were okay with the language of a baby (crying) we would not have sleep crutches or sleep-deprived babies. As I mentioned before – our commitment often lies in keeping a baby quiet rather than listening to and honoring the only voice she has. I fully understand this as a professional and as a mother.

As I listened to my baby cry that first night, I was uncomfortable. I was sure she would resent me and not feel taken care of. I was sure she would be frightened and, worse of all, feel lonely. Guess what? Those are the reasons that I cry. We have a difficult time hearing our child cry (once all their needs are met) because of our habit of projecting our own emotions onto him. We often run to our babies to stop the feelings that are coming up for us rather than letting them process what they need to. When we can kick out some of the emotion, we can listen. This allows us to hear our babies rather than ourselves. When a baby cries, he is attempting to tell us something; it is only when we listen before we act that we can truly meet his needs.

Babies cry when they are hungry, hot, cold, uncomfortable, over-stimulated, tired, in pain, etc. Bottom line: babies cry. When we can match those cries to appropriate responses, babies will not cry as much because communication becomes more effective. For years, I have been working in the area of infant and child sleep, along with speaking and doing workshops. Absolutely no parent has hired me or come to hear me speak when she used crying effectively to honor her child's need to go to sleep.

I remember when I began doing playgroups, which involved going in and fielding questions for moms as they mingled with other new moms. I used to watch the dance between mothers and babies. These moms were moving heaven and earth to keep the babies quiet long enough so

they could share their sleepless misery and woes with the other terribly tired mommies.

One particular play group was babies between four and seven months old. One particular baby, Sara, stood out like a ray of light. She played with intrigue and delight as she watched the habits of the other babies around her. She was purely content. I instantly had to find Sara's mommy. I wasn't surprised to see a smiling woman who was not hovering over her baby, but merely glancing over to ensure her little one was fine. In fact, Sara's mommy was enjoying the beautiful spread the hostess had put out and deciding with patience what pastry she was going to try. When I introduced myself and shared what I observed about her baby girl, her no-nonsense response was: "My husband and I decided that it was Sara's job to put herself to sleep from the time she was born. When she is tired we put her down and she goes to sleep. We are okay if she needs to cry to fall asleep, but for the most part she doesn't cry; she just goes to sleep."

Sara's momma had listened to her baby and honored Sara's need to sleep, and now Sara can carry those habits throughout her life.

Babies can learn to put themselves to sleep from the beginning, but this has not yet become a common knowledge. By the age of four months, a baby's habits are established as normal to him. When we try to change these habits, he will naturally resist. This is usually where parents put on the brakes because the baby's resistance is expressed through crying. To top it off, the parents and baby are all are tired while his life-long habits are being changed. Parents should not let this scare them off from establishing new habits that are positive and healthy.

I know the question going through your mind: How? Many of you will think you have tried this and it didn't work. Those of you are invited to consider that you may not have done this at the right time and in the correct way. First, the child must be put down at the appropriate bedtime (this was covered in the previous section), next allowed to effectively process from A to Z, and then given the time to do it. Let me tell you how this works.



Worksheet #2

THE CRYING GAME

What are the reasons you cry? _____

How do you feel when your baby cries? _____

What methods have you used in the past to soothe your child's crying when he is attempting to go to sleep? _____

Who will be the person to help you stay strong during the first night?



Sleep Step #5

Babies effectively process themselves into sleep by crying, just as we do with our thinking.



A to Z Theory

My A to Z Theory is about allowing your child to go from A (awake) to Zzzzz (asleep) completely on his own. It's important to do this without interruption. You are going to allow your child to do this through effective processing.

Effective Processing: This is another way of saying "crying." But it is what your child is doing to get himself to sleep. Many people ask me if my method is the crying-it-out method, and my answer is always no, but there is crying involved. I call the process of a baby falling asleep effective processing because that is exactly what it is. Processing ourselves to sleep is how we get to sleep and it's how your baby goes to sleep as well. The difference is that as adults, we do it in our minds. We think about our yesterdays, our work, the outfit we are going to wear tomorrow, etc. We roll, we fluff, and we physically get comfortable. We are silent about our transition from wakefulness to sleep – our A to Z process. Because babies don't have the ability to think, internalize, get themselves as physically comfortable as they would like, they use their voice to process into sleep.

"No 'Ferberizing' was necessary and Bryce, at 10 months, sleeps from 6:00PM until 6:00AM the majority of the time, which allows my husband and I to enjoy our evenings." Carolyn (Bryce's mom)

Many parents ask me if I support "Ferberizing," a particular method that involves letting your baby cry for increasingly longer periods before going to comfort her. I support anything that works for your baby and allows her to sleep the amount of uninterrupted sleep she needs throughout the night and day. However, the Ferber method can send inconsistent messages to your baby, and it is consistency that works most effectively in training our babies to process into sleep. To send the correct message of learning to go to sleep, parents are encouraged to wait at least an hour.

Imagine a wife lies down at night next to her husband. On this particular night her husband can hear absolutely everything she is thinking. She is not censoring her thoughts because they are hers and she assumes no one will interrupt what she is doing – processing herself to sleep.

She is just lying in bed, minding her own business, and thinking her thoughts while going to sleep. Meanwhile, her husband is growing more uneasy by the minute because her thoughts are making him uncomfortable. He starts thinking, "okay, I'll give her five minutes and then I'm putting a stop to this because it's obvious she needs me." At this point his wife may very well be at about L or M in her A to Z process, but her hubby has had enough of the way her thoughts are making him feel. So, he grabs her and hugs her. He starts swaying back and forth and he even asks her if she needs to use the bathroom and if she'd like something to eat. He tells her how much he loves her and he assures her that he is there for her.

Her process has been completely interrupted, but he has achieved his goal: his wife has stopped thinking aloud and is now quiet, for a bit anyway. Once he leaves her alone again, she must start her process all over again (back to A).

This is exactly what we do to our babies. We consistently interrupt their process. The \$64,000 question is: how long do I let my baby process?

Reminder: Start the process at night, and have your support person with you.



Sleep Step #6

A well-rested baby has confidence and is given enough time to go to sleep without interruption.

One Hour at Bedtime and Throughout the Night

Once you lay your child down, you are going to give your child one hour to go to sleep without your intervention. Sixty minutes is the amount of time your child needs to process through breaking old habits, establishing new habits, and learning to put himself to sleep. An hour sounds like a long time and when you are experiencing this with your baby, it is. However, it's necessary, and if you do it correctly that hour turns into almost nothing once old habits are replaced with new, productive, sleep-encouraging habits. An hour might seem impossible, but understanding the process provides knowledge and courage to get the job done. Most of the time, parents are floored by how little time their babies need to go



to sleep. It's extremely uncommon that a baby will take longer than an hour on that first night.

Three steps will have your baby easily processing herself into sleep: (1) allow your baby to effectively process into sleep completely on her own without sleep crutches, (2) establish a consistent bedtime routine, and (3) do this at an appropriate bedtime. The benefit of this process is that your child's resting brain knows better what to do when it wakes throughout the night. The resting brain can transition into the next sleep cycle more peacefully, just as we do.

The First Night

The first night is the most important and most difficult. It's the most important because your baby is turning everything around and learning how to go to sleep. It's the most difficult because your baby's processing takes longest. Thus, during this first night, it is important for you to have the support discussed earlier. If it were easy it would already be done!

If your baby processes longer than an hour, you want to go to him only if he is still crying hard. If he is going in and out of processing, continue by assessing him every 15 minutes. If you need to go in, stand by the crib and console your child until she is calm. Then, leave the room and let her go to sleep. Keep in mind that it takes the average human being 10 to 20 minutes to go to sleep, so you should always give your child that much time. However, once the program is complete, your baby will fly into sleep with very little processing at all. Your first night and day (24 hours) requires the longest processing as your child will be simultaneously eliminating old habits and learning new habits.

In the meantime, you can decrease your child's processing time by following just a few rules. The one-hour uninterrupted processing at bedtime is extremely important. However, your child's ability to put herself to sleep has everything to do with her night wakings.

Night Wakings

Give your child one hour each time you hear him wake up throughout the night during this program. If you have an older baby, you might hear her wake at the same times you have previously.



Sleep Step #7

Babies wake just as we do throughout the night and will use their voices to process into the next stage of sleep - let them.

gone to her. In contrast, younger babies may sleep for an unbelievably long stretch before the parent hears from them at all. By giving your child an hour before intervening, you are once again allowing him to process himself into his next sleep cycle, just as we do during the night. During my years of experience and with hundreds of babies, I have had only two- yes, two- babies process longer than that hour during the night. It amazes parents how little time it takes their baby to simply go back to sleep if he is given the chance.

If your baby is awake longer than an hour, then go in and observe what is going on. It can be a number of things: a dirty diaper, an uncomfortable position, a new position (a back-sleeper flips onto her belly or vice versa), lying in some slobber, etc. Correct whatever the problem may be. If consoling is all they need, then hold your baby but do not rock or sway. Gently pat and console. Once the baby is calm then lay her back down and let her go to sleep. For younger babies previously fed throughout the night and are disturbed by nothing obvious, give them half of a feeding and then allow them to go back to sleep.

Reminder...

Your baby will always wake throughout the night, just as you do. The difference is that you roll over or think yourself to sleep. Your baby isn't able to be so quiet about it. Let your baby go back to sleep.

Not until 6:00AM

The earliest time to go to your child is 6:00AM. There is one thing I know for sure about a baby under a year old - you cannot make her sleep later but you can certainly encourage her to wake up earlier. Typically, a baby wakes between 5:30AM and 6:30AM. If your baby wakes before 6:00AM, let your child stay in the crib until 6:00AM before starting your day. If your child wakes later than 6:00AM, let her.

Congratulations!

You made it through the first night. Complete the worksheet below and let's get ready for the first day of napping.



Worksheet #3

NIGHT #1

What time did you put your baby in his crib for the night?

How long did your baby cry before falling to sleep?

Did your baby wake at all throughout the night?

What times?

How long did it take for the baby to go back to sleep each time?

Did your child cry for over an hour going to sleep or at all during the night?

If yes, what action did you take?

What time did your baby wake this first morning?

If before 6:00AM, did you go to her?





Sleep Step #8

Well-rested babies are given 2-3 naps a day adding up to 3-5 hours in their cribs.

Naps

Naps are the biggest challenge. Breaking the 30-to-45-minute nap habit can be as difficult as losing those last ten pounds. Napping is the last piece of the puzzle and trickier than nighttime sleep. Day sleep is much different from night sleep, and the part of the brain that organizes day sleep develops later than the part that organizes night sleep. The transition from non-REM to REM sleep is also different during daytime. An infant's day sleep is more sensitive than her night sleep; therefore, day sleep is much easier to sabotage than night sleep.

Sabotaging day sleep usually begins with the motion sleep-crutch, depending on motion to get our babies to sleep. Initially, our babies are very portable and we like to take these little ones everywhere with us because they will sleep anywhere – cars, strollers, shopping carts, swings, grandpa's chest, etc. Most babies will sleep just about anywhere and that is a positive thing for the new mother going stir-crazy. I know- I've been there. But these habits become detrimental when a baby needs the crutch to achieve sleep. If we drive our child around to get him to fall asleep, we teach him to depend on motion to fall asleep. He will continue to associate day sleep with motion. Then, when he is home, he meets the idea of being laid down with much resistance and therefore, no nap is taken.

Another detrimental nap habit is the crash-and-burn habit. If your baby is awake between naps for longer than two hours, you are asking for an over-tired baby. At the over-tired stage, it will be very difficult to lay your child down. The longer you wait, the further you walk into the area of "sleep inertia". Your child will be agitated and restless until she becomes wired, and then finally crashes and burns. This cycle is how most mothers spend their day, and it alone keeps parents holding on to sleep crutches for dear life. At this point, you may see no other way, but by the end of this section, you will.

Let's take it one step at a time.

1. No more than two hours between naps.

It's important to know how long babies can sustain wakefulness throughout the day. Equally important is learning to read your child's sleepy signs and honor her need to take a nap – motionless. For the sake of sleep training, I am going to ask you to watch your baby more than the clock.

The awake-time between waking in the morning and the first nap will be the shortest. Don't be surprised if your baby is ready to go back to sleep shortly after waking. For the younger baby, plan on their awake-time to be anywhere between 45 and 90 minutes. As the baby gets older, this awake-time will extend to between 90 minutes and 2 hours.

This same rule applies to the awake time between naps 1 and 2, as well as between naps 2 and 3 (if your baby needs a third nap). The first steps in achieving a productive nap are (a) not overextending your child's wakefulness and (b) laying him down when he shows you he is tired.

2. Eliminate all assisted/motion sleep.

You will do the same thing you did last night and allow your baby to put herself to sleep in her crib. Assisted sleep is the number one culprit for what one mom coined, *the 30-to-45-minute intruder*. When your child is assisted to sleep she is not going into the initial sleep cycle naturally. Guess what happens when your child's brain attempts to transition into the next sleep cycle. Your child will wake abruptly expecting to be re-assisted back to sleep. This is usually about 45 minutes into the nap, hence the name *30-to-45-minute intruder*. We unintentionally establish this habit early on when our babies are portable and we let them nap wherever they will. Assisted sleep will certainly ensure a 30-to-45-minute waking. A child who puts himself to sleep for naps will transition more smoothly because the brain will know how to do so.

3. Don't rush in at 45 minutes.

Asking the brain to un-learn this ingrained habit is tough but very doable. There is no need to rush to your baby if you hear him wake at that



time. Just keep in mind that he is only transitioning sleep cycles. For the first two naps let your child stay in his crib for at least 75 minutes from the time he falls asleep. This is the best way to teach the skills of transitioning to the next sleep cycle to the child who was routinely picked up.

The only exception to this rule is during the third nap, which is meant to be a cat nap. You can get your child when she wakes because she doesn't need to cross over.

As I mentioned before, changing nap habits is more challenging than changing night habits- but it can be done! It simply takes consistency and honoring nap times as much as you possibly can. Of course, early on there might truly be biological reasons (ex. fussy baby) that encourage us to use sleep crutches.

If your child is between four and six months, he should nap three times a day. The third nap should disappear between months six and eight. At that time your baby will take just two naps a day and will preferably be able to have scheduled naps with 2 two-hour wakeful intervals and one four-hour wakeful state between the last nap and bedtime. For the older baby, two naps are what he needs.

Nap Rules

1. Become keenly aware of your child's sleep signals...

All babies are different. Some babies yawn, some rub their eyes. Some babies become very mellow while others get cranky. Whatever it is for your baby, take notice and act on it.

2. Don't stretch your baby's awake-times longer than two hours between naps...

Once you know when your baby is tired this will be easy. Don't be surprised if the younger baby can't go longer than an hour to an hour and a half between naps. Keep the durations short.

3. Wind down...

Change the diaper and let the baby know that it's time for a nap. At this time, don't rock or feed (unless it's meal time). Your goal is to eliminate the association linking eating and going to sleep.

4. Always give your child ONE HOUR to go to sleep...

This will allow your baby to go to sleep on her own. Once you perfect nap times, just as with bedtime, there will be little crying unless your child is over-tired. Always give her an hour.

5. Once your child goes to sleep don't go in for at least 75 minutes...

This goes back to breaking the 45-minute habit. This not only allows your baby to learn to transition between sleep cycles in a non-stimulating way, but it also gives you the down time you need throughout the day.

Age-Appropriate Napping Guidelines

4 to 8 Months:

Two to three naps per day. Two long naps, ranging one to two hours and one short nap ranging 30-45 minutes.

8 to 15 Months:

Two naps per day. One in the morning and one in the afternoon, each ranging one to two hours.

15 Months to 3 years old:

One nap ranging between one and two hours, but not more than two hours.



Worksheet #4

DAY # 1

How long was your baby awake before nap #1?

How long did it take for your baby to go to sleep?

How long did your child sleep?

If the nap was shorter than one hour, did you wait 30 minutes before going to the baby?

How long was your child awake between nap #1 and nap #2?

How long did it take your baby to go to sleep?

How long did your baby sleep?

How long was your child awake between naps #2 and #3 (if needed)?

What outings did you take today?

Did your child fall asleep at the breast or bottle today?

Did your baby fall asleep in the car?

These questions on Worksheet #4 help you measure your progress and become aware of your habits that affect your child's ability to nap. I understand that life happens and every nap will not be taken inside the crib, but honor as many naps as possible. It truly is best for your baby. Look at sleep as food for your baby's brain. Giving your child a motion-filled nap is comparable to giving your child a sugar-filled snack. Yes, it happens and from time to time it's okay, but you don't want to do it on a regular basis. Food nourishes the body. Sleep nourishes the brain.



SECTION 3 . PUTTING IT ALL TOGETHER

THE SCHEDULE OF CHAMPIONS

I have walked you through every step of the system. By the end of the first day you should start to see your child sleeping much more effectively. Now, it's time to put it all together. This program is about working toward the 24-hour cycle that will most effectively make your child's life more consistent and allow her to get the sleep she needs without linking eating and sleeping.

At this point, I'd like you to start using the "14-Day Sleep Diary." The difference between this and the worksheets is that this log can be used day-to-day for as long as you would like and it also includes columns for recording feedings.

On the next page is what I call the "Schedule

of Champions." This schedule is the guide you should use to keep up your success. Please keep in mind that the times in the schedule are just a guide and will need to be tweaked for your baby-parent team. However, your child should come very close to following the "Schedule of Champions" when your child (1) turns around all unproductive habits, (2) puts himself to sleep, (3) is sleeping well at night and (4) is taking naps.

The first schedule on page 19 is for the baby 4 to 12 months old. This schedule will ensure your baby gets enough food throughout the day to enable him to fast through the night. It also allows your baby to get the consolidated and restorative sleeps he needs over a 24-hour period.

The second schedule on page 19 is for the child who is between 12 and 18 months.



Schedule of Champions • 4 TO 12 MONTHS

- 6:00AM:** Wake-up
- 6:30AM:** Solids • Clean-up • Bottle or Breast (about 6 oz)
- 7:45AM:** Down for Nap #1
- 8:00AM to 10:00AM:** Nap #1
- 10:30AM:** 6-8 oz. of breast milk or formula
- 11:30AM:** Lunch (this starts around 8 months)
- 11:45AM:** Down for Nap #2
- 12:00PM to 2:00PM:** Nap #2
- 2:30PM:** 6-8 oz. of breast milk or formula
- 4:00PM:** Nap #3 (if needed and only for 45 minutes)
- 5:00PM:** Solids • Bath (if not bath night, do clean-up and put pajamas on) • Breast milk or formula (about 6 oz.)
- 6:00PM:** Down for the night

Schedule of Champions • 12 TO 18 MONTHS

- 6:30AM:** Wake-up
- 7:00AM:** Breakfast • Clean-up
- 9:00AM:** Down for Nap #1
- 9:00AM to 11:00AM:** Nap #1
- 11:15AM:** Small snack
- 12:30PM:** Lunch
- 1:00PM:** Down for Nap #2
- 1:00PM to 3:00PM:** Nap #2
- 3:15PM:** Small snack
- 5:30PM:** Dinner
- Bath (if not bath night, do clean-up and put pajamas on) Wind down time (a short non-stimulating book is good at this age)
- 6:30PM:** Down for the night

These are the schedules I see children thrive on every day. Of course, every nap will not be two hours- some will be shorter and others longer. Nonetheless, this is the schedule to follow. I call this the "Schedule of Champions" because this schedule ensures that your child's needs are being met, and when needs are being met babies will grow and thrive- and, most importantly, they will be happy. What more could we want for our children?



The 3-Day Quick Guide • Day 1

Day 1: Prep

We have made the decision. *(Check box for yes)*

We have each other for support.

My Support Person is: _____

I've cleared the crib.

I've cut the tops off all pacifiers and have thrown them away. *(If applicable)*

Night #1

5:00PM: Dinner

Bath

Bottle or Breast *(Story for older baby).*

6:00PM: Off to bed.

Amount of time child processed? _____

I felt _____

How many times did your child wake up throughout the night? _____

How long did it take your baby to go back to sleep each time? _____

What time did your baby wake up in the morning? _____



The 3-Day Quick Guide • Day 2

Day 2: Naps

Baby went down within two hours of waking. What time? _____

How long did it take your baby to go to sleep? _____

How long did your baby nap? _____

I followed all the nap rules for nap #1.

Baby went down within two hours of waking from first nap? What time? _____

How long did it take your baby to go to sleep? _____

I followed the nap rules for nap #2.

What time did your baby go down for nap #3 (if necessary)? _____

How long did your baby sleep for nap #3? _____

Night #2

5:00PM: Dinner

Bath

Bottle or Breast (Story for older baby).

6:00PM: Off to bed.

Amount of time child processed? _____

I felt _____

How many times did your child wake up throughout the night? _____

How long did it take your baby to go back to sleep each time? _____

What time did your baby wake up in the morning? _____



The 3-Day Quick Guide • Day 3

Day 3: Naps

Baby went down within two hours of waking. What time? _____

How long did it take your baby to go to sleep? _____

How long did your baby nap? _____

I followed all the nap rules for nap #1.

Baby went down within two hours of waking from first nap? What time? _____

How long did it take your baby to go to sleep? _____

I followed the nap rules for nap #2.

What time did your baby go down for nap #3 (if necessary)? _____

How long did your baby sleep for nap #3? _____

Night #3

5:00PM: Dinner

Bath

Bottle or Breast (Story for older baby).

6:00PM: Off to bed.

Amount of time child processed? _____

I felt _____

How many times did your child wake up throughout the night? _____

How long did it take your baby to go back to sleep each time? _____

What time did your baby wake up in the morning? _____



Section 4 Toddlers & Young Children

Toddlers Still in the Crib
Children 2.5 years and Beyond
Worksheet #5
The Young Child Plan

Once your child is a toddler and has not slept through the night you can bet you are in for some challenging work. I look it like weight gain. If you are here you have a substantial amount of weight to lose. Your lifestyle changes will be very similar to the person who has less weight to lose but your program will be more intense, focusing on consistency, diligence, and an unwavering decision to improve current circumstances. You are looking at a longer program as your child has some solidified habits, but you still have one thing on your side – your child is still in his crib.

As a side note, many parents ask me at what age I suggest the baby make the transition from crib to bed. I suggest children stay in the crib at least two years and they transfer to a twin bed rather than a toddler bed or a full or queen size bed. I am a firm believer in keeping their bed relative to their size. If your child is under two years old I suggest you do sleep training in the crib.

If your child is between the ages of 18 Months and 2.5 years, I want you to know this is more about how you handle this than how they are behaving. Again this is going to take some hard work on your part. When I work with parents of toddlers, I simply suggest we change the dance that has been going on up to this point. Up to this point a dance has been established and it is the dance everyone knows to do whether consciously or subconsciously. It is my goal through this program to choreograph a new dance for you and your child to learn and dance to.

At this age your child should still be sleeping 10 to 12 hours each night. The appropriate bedtime for this age is 7:00PM running close to 7:30PM as your child gets closer to 2.5 years. Along with this night sleep your child should be doing one nap a day ranging between one and two hours but not longer than two hours. If your child sleeps longer than two hours each day he will steal sleep

from the nighttime. I know a monster nap from a toddler is a dream come true each day, but keep in mind we want to keep their sleep diet in balance. Two hours of day sleep is sufficient for a child who is sleeping well at night.

Follow these steps and start experiencing your child sleeping through the night and taking the nap he needs each day.

1. Make the Decision

This is the most important step in sleep-training a toddler. When you and each caretaker are on the same page, the child will follow your lead. Your child must because this is all she has done up this point. As I stated above, this is all about the dance. Your first step is to make the decision to learn a new dance.

Once you have made the decision it is very important for you to stick to it no matter how much resistance you get from the child. Of course, children will protest, as we all do when we experience change. Your child's protesting is no reason for you to change your mind. You are the one he looks to for meeting his needs. If you change your mind, he thinks he is in charge and this is when children begin to lose confidence and often act out. Again, once the decision is made by you, your child will stay in his bed, sleep through the night, and take his nap.

2. Eliminate ALL sleep crutches: The only thing in the crib is a blanket and maybe one stuffed animal. Absolutely nothing else. If you have any questions about sleep crutches go back to the previous section on sleep crutches (pages 8-9).

3. A Tight Bedtime Routine:

- Dinner.
- Some further play time if dinner is early. This should not involve T.V. if you can help it. If dinner is later, transfer your child right to bath time.
- Bath or Pajama time.
- Ten minutes of story time in her bed. This should be no more than two books and keep in mind this is a decompression tool, so it should be a story with a beginning, middle, and end.



4. Appropriate Bedtime: 7:00PM is the appropriate bedtime for this age.

5. One Hour. Chances are the processing of a child this age and with poor bedtime habits will take longer than an hour to decompress on this first night. The child will be very resistant to learning the new dance. Give her one hour. If you would like to go in at that time and assure your child that it is time to go to sleep and that you love him, then that is fine. Make it simple and don't stay longer than ten seconds. If he goes on for another hour, do the same thing. If she wakes in the middle of the night, do the same thing. In my experience it is usually bedtime that is the struggle at this age, versus waking up in the middle of the night. As with infants, do not begin the day until 6:00AM. Most toddlers will sleep later, but if you have an early bird, let him stay in his crib.

6. Nap Time: At this age, most children have eliminated all but one nap. At 18 months your child should be going down for her nap at 11:00AM each day. As she gets closer to two years old, you can put her down after lunch. Follow nap rules every day:

- Give the child one full hour to go to sleep.
- Once the child is asleep he stays in the crib for at least one hour. (If he wakes at 45 minutes, give him 15 more minutes before getting him out of the crib).
- Don't let your child sleep longer than two hours at this age.

7. Consistency and Diligence: This step is where the magic lies. The more consistent you are the more respectful you will be to your child. Keep the bedtime routine, bedtime, and naps consistent and you will see your child start sleeping and trusting that you mean what you say.

Children thrive on predictability and consistency, just as we do. Keep in mind this will only take a few days of diligence and you will see great improvement in your child's acceptance of bedtime and nap time.

Follow these steps and your child's sleep will improve and bedtime will become less challenging and more enjoyable... guaranteed.

CHILDREN 2.5 years and Beyond We Are Going Dancing

If your child is "out of the crib age" then you have a completely new set of challenges. Now he can roam the house, refuse to stay in his bed at bedtime and show up in your room at his leisure. There are a number of behaviors keeping you awake and also intruding upon the sleep these youngsters need so badly. The biggest problem parents come to me with at this age is getting the child out of their bed or to stop coming into their bed throughout the night. Only the "bedtime problem" runs a very close second.

The child is often very difficult to put down to bed and then one parent must lay with the child until the child goes to sleep. This routine can often take two or three hours each night leaving the parents frustrated and angry along with being exhausted.

I worked with a couple not long ago who was having difficulty with their toddler wanting someone to lay with her every night and would show up in everyone's room throughout the night. This little girl ran the house. No matter what the parents were doing they would be forced to stop and give this child at least two hours of their night while the older children waited patiently. If the parents tried to set boundaries she would cry and fall to the floor and say she was going to throw up. She knew what cards to pull – so to speak. This little gal at the age of three was in charge of the entire family and no one was happy, especially not her.

I want to remind parents that this is a behavior issue. It is the dance that goes on between the two or three or four of you. As I say, let's simply learn a new dance.





Worksheet #5



How long have you had sleep challenges with your child? _____

What exactly is the sleep challenge? _____

Can you remember what created these challenges? _____
(i.e. an illness, scary movie, moving, always had issues with sleep, etc.)

What time does your child go to bed? _____

What is your bedtime routine? _____

How long does the bedtime routine take? _____

Does your child sleep with you? _____ How long has your child been in your bed? _____

How many times do you say no before you say yes to nighttime demands? _____

Is your child aware of the bedtime routine or do you find yourself making demands and being frustrated? _____

Do you respond to things such as, "I'm afraid.", "I'm thirsty.", "I don't feel good.", etc.

What is the worst thing that will happen if you do not meet your child's numerous bedtime demands or have them sleep in their own room all night long?

What is the best thing that will happen if you set boundaries and allow yourself and everyone in the home get the sleep they need?

Are you 100% ready to make a change and improve your child's sleep habits?



After answering the questions on the previous page, it may have become clearer as to how and why these issues began and how the dance continues. I am amazed at the "cards" children this age will play to get their parents to come into their room. I remind parents daily that any behavior that gets a response is a behavior that continues. I invite you to take control of the cards and create a bedtime that is on-time and predictable each night for your child and peaceful for you.

Along with following the seven steps outlined above for the toddler, follow these next steps. When you do, your child's sleep will improve and bedtime will become less challenging and more enjoyable...guaranteed.

1. Transfer your child into a twin bed.

This is such an exciting time for both child and parent. It is definitely the official graduation from babyhood to childhood. This means new bed, new blankets, new decorations, etc. But it can also mean the beginning sleep issues. Sometimes the mere freedom of being able to get out of the bed is too much for the child.

Twin beds are most appropriate for a child this age. This size helps them control their space. A bed too small (a toddler bed) can affect sleep as can a bed that is too big. Many parents like to move their little girls to full or queen size beds that are very high off the ground. It is also common for parents to put bunk beds up for boys. This is a frightening & dramatic shift for a child who just left the crib.

2. Have a Plan / Be Respectful.

In the previous section I asked parents to make a decision. Now I ask that you have plan. What do I mean by plan? Know what you are going to do when the child is pulling you out to the dance floor to do that old familiar dance. I can assure you teaching your child a new dance will be challenging and it may be met with resistance. Just remember that your child is changing a life-long habit and this takes consistency, diligence, and patience.

With my clients, I use the analogy of a teacher in school. What do you think a classroom would look like if school started at different times each

day and when the children walked in the door the teacher had a different routine each day? What would your child learn if every time a child complained or threw a temper tantrum the teacher said, "Oh well, let's not complete this because you are giving me a hard time"? How would you feel about a teacher who let your child run the show and changed her mind all day long? You probably would be very displeased with this teacher. When I actually work with teachers and their own children the first question I ask is: "Do you run your classroom like this?" I think you know the answer to this.

Parents will also tell me all day long how their child will take a nap at school or daycare but won't even dream of it at home. This comes down to one simple concept – the dance. I

also suggest you talk to your child's teacher, if they have one, and ask what communication works for your child inside the classroom and implement it at home. It is important for you to pull together a plan; this includes: the bedtime routine, the bedtime, and consequences if the child does not stay in his bed.

It is also very important to sit the child down and let her know the plan. This is being respectful to the child. Just as when a teacher tells the class what is coming up next, the child can mentally prepare.

I am a fan of kitchen timers to give a child a sense of conclusion to the task at hand and preparation for the next. If your child is watching T.V. or a video, please let him finish it. It will certainly cause upset if you ask them to turn something off in the middle. Think about how that would make you feel.

3. Know your leverage.

Another word for leverage is consequence. If your child is not following your directions there needs to be a consequence. I let parents decide what this will be. Some parents let their child know if they choose to leave their room, a gate may need to be put up at the door. Some parents do time-outs. Some parents take away a toy. This disciplining is something you do with love and respect, but with very little emotion. If your child comes out of his room when you have made it very clear for him not to, you have some serious



work cut out for you. I ask parents to make it clear to the child that coming out of his room will not pay off, even a little bit. The way to do this is to show no emotion.

4. No emotion.

Parents need to use this when they need to walk the child back to the room. I ask the parent to walk the child back and give him nothing in return. Again, imagine your child coming out of a time-out at school. Chances are the teacher would simply look at the child and he would peacefully return to the time-out. The teacher would not go the child and explain the plan again with emotion; the child knows the plan. The child has a job and it is the child's responsibility to do his part. Do very little talking if your child comes out of his room. Simply put him back in bed. At the very most remind him of what will happen if he chooses to come out of his room. And if he does... follow through.

5. Consistency and Diligence.

I can't stress this step enough. It is the consistent action by the parent that reinforces a child's behavior. Children look to you for guidance and what they see the most often is what they will do. Be consistent with the new plan. Be diligent in the face of resistance and let the child learn a new dance.

If you follow the steps outlined in the last two sections you will see great improvement.

7:00PM: Bedtime routine begins -
this is often different for each family.

Bath

Bedtime Story

8:00PM: Down for the night

As you can see, this plan is much different than those for infants and younger children. The reason for this is families have different routines for the evening. What is most important at this age is to avoid letting the child get over-tired. A consistent bedtime is very important at this age. If the child does not fall asleep at the time he goes to bed, he can look at a book until he goes to

sleep. This is an excellent time to teach your child self-management. Your child does not need you to entertain her until she crashes for the night. By allowing her to prepare for bed before she is exhausted and giving her an appropriate bedtime that allows for decompression with a great bedtime story, she will ease into sleep peacefully- and you can do the same at your bedtime.

Dear Davis:

We are writing to thank you for all of your wonderful help and advice with Reese. As a result of your three-hour sleep consultation and several follow-up telephone calls, we have a happier, better-rested and generally more content baby.

By helping us with positioning Reese for sleep and regulating Reese's feeding and nap schedule, you literally changed our life with our new baby overnight! Your advice was exactly what we needed in order to move Reese towards sleeping through the night and napping and eating on a predictable schedule. Reese is thriving now that she is getting the correct amount of food and sleep. She has made huge strides developmentally in the last two weeks that we have had her on your program. And we, of course, are thrilled to have more time for ourselves now that our days and nights are predictable.

You did for us and our baby girl what dozens of books and even our pediatrician could not do for us. By taking into consideration our parenting style and preferences and Reese's development and temperament, you created a wonderful balance for our baby.

She is now a true joy.

We have already recommended your sleep consultation services to friends who have new babies. We cannot stress enough how much you have helped us. Keep up the wonderful work!

Regards,
David and Romy



It has been a wonderful six months since you came to our house and changed our tired lives. My husband and daughter thank you, too.

I truly thought that by reading all the sleep books (that varied so drastically) I could have my daughter sleeping through the night within the third or fourth month. I was confused by the information and was very inconsistent. When you came to our home she was almost a year old and still waking up like clock work every night around 4:00AM. Your hands-on methods and precise advice made it work for us to change our bad habits. Our lacking confidence and consistency made it impossible for us to teach our daughter healthy sleep habits.

I wish every set of new parents knew your excellent teachings so we would have a world full of healthy, well-rested, and happy babies.

Our daughter is 17 months old and sleeps from 6:30PM to 6:30AM every night and still happily takes 2 two-hour naps a day. So, thank you again for all of your wisdom!!!

Rashae, One well-rested momma

You are the Best! Having had two children already, I felt prepared for the tough road ahead with Number Three. Baby Natalie arrived and I was diligent to feed her on schedule and to put her down to sleep while she was still awake, but sleepy. I re-read some old baby books and convinced myself that Natalie would be my good sleeper. Darkness began to fall on our house when she was two months old. She did not sleep well at all (and so neither did my family)! She did not eat well, and with a two year old and a four-year-old tugging at me while she whaled away I felt likely to break. I called Davis. I wondered what on earth she could tell me, an experienced mother, about my third child. Well, as most do, I underestimated Davis! She entered my house prepared to help me with Natalie and by the end of the first evening I had my other children on a new program as well. We moved furniture and threw away pacifiers (yes, I am the one she speaks of whose daughter was allowed a bowl of them in bed at night!). We studied the baby's feeding schedule and scheduled more naps, not fewer! Natalie is now six months old, and by far the best sleeper (and eater!). She is a dream to be around, happy and able to self-soothe. My older children are more pleasant to be around and wake up with smiles, not cries. Saying thank you to Davis is not enough! She is a sleep guru. Amazing!

Janie in Rancho Santa Fe, CA

