

Sleep Toolbox

BECAUSE SLEEP IS MORE THAN JUST BEHAVIOR...

1

DEVELOPMENT

Age, brain development, regressions

2

PHYSIOLOGICAL

Silent reflux, snoring/apnea, food intolerance, feeding issues

3

EXPECTATIONS

Parenting books, pediatricians and others can give parents inaccurate expectations for normal or achievable sleep

4

INFANT TEMPERAMENT

A sensitive, spirited temperament affects parents' self-confidence, stamina and everything else. These children almost always have serious difficulties with sleep.

5

SLEEP AMOUNT/TIMING

Enough nap time with appropriate awake windows and a good, early bedtime can solve many problems.

Tips for working on sleep

- Try to wait until 6-months to actively sleep train.
- Start with bedtime and nighttime first. Work on naps last.
- It's okay to work gradually and to soothe if baby gets too upset.
- Have parents pick something they know they can work on and try consistently for at least three or four days.
- There is no way to sneak up on a baby. They will notice any change. The key is parental presence and support.

NAPS & AWAKE WINDOWS

6-9 months

3 naps totaling about 3-1/2 hrs
90-min. to 2-hours awake time
11 hours night sleep

9-10 months

2 naps totaling about 3-1/2 hrs
2-3 hours awake time
11 hours night sleep

10-12 months

2 naps totaling about 2-1/2 hrs
3-4 hours awake time
11 hours night sleep

13-17 months

2 naps totaling about 2-1/2 hrs
4-6 hours awake time
11 hours night sleep

18-23 months

1 nap totaling about 2-1/4 hrs
5-6 hours awake time
11 hours night sleep

2 years

1 nap totaling about 2-1/2 hrs
5-6 hours awake time
11 hours night sleep

3 years

1 nap totaling about 1-1/2 hrs
6+ hours awake time
10 hours night sleep

4+ years

Quiet Time
11 hours night sleep



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