



SLEEP AT LAST

# *Navigating a Newborn*

YOUR COMPLETE GUIDE FOR THE FIRST 12 WEEKS



# WELCOME TO THE WORLD LITTLE ONE



## Healthy Sleep Habits Start at Birth

Welcome to parenthood - children are the most amazing little humans. They bring you joy, test your patience, teach you about a love you didn't even know existed, and challenge you in ways you never dreamt possible.

Speaking of dreaming, when parents share the news that a baby is on the way, one of the first things friends and relatives love to say is...."Say goodbye to your sleep!"

I am here to tell you it doesn't have to be that way, at least not for as long as many parents believe.

While it is true that those first few weeks can be really exhausting and disruptive to your routine, they are also some of the most amazing. The love you experience when you meet your little one for the first time, the joy you feel during that first snuggle and the way you feel as they stare into your eyes is indescribable and makes it all worth it.

But once the company has left and the reality of this new journey has set in, often too comes the pure exhaustion you will feel. When I meet with first-time parents, their number one question is when can we start expecting our newborn to sleep a little better? The truth is, healthy habits start at birth and don't ever involve "sleep training" a child. Below you will find a guide to help you maximize snuggle time and the hours of sleep for everyone in the house, including you!





# Foundations of Newborn Sleep

The pillar of sleep for children is that it's a learned skill. Children learn HOW to go to sleep. Every baby is born with the ability TO sleep, but their first weeks of life are where we take the blank slate and paint it with the environment they come to know and come to prefer.

It's a LOT.

A new baby, recovery, feeding, sleeping, bathing, burping, loving, cuddling, and the other countless things that all seem to happen with a newborn before 9am.

This guide is meant to be a roadmap of sorts, that will help you through the first 12 weeks with your baby. It will help you develop their natural ability to sleep independently, establish healthy routines, eating patterns, and ease the transition to your new +1 status.



You have already come to the realization that your newborn does a lot of eating, a lot of sleeping, and little else! There are a few things you should keep in mind, especially with such a wee-little one. They are human, not robots, so it isn't going to be perfect, but this foundation will help them obtain the quality and restorative sleep which we now know (and research has proven) is crucial to their brain development.

You are helping them develop healthy behaviors around sleep. Below are my sure-fire tips for getting them to eat well, encourage healthy sleep habits and sleep longer stretches at night.



## Safe Sleep Practices

Research confirms that where a baby sleeps the first year can significantly reduce the likelihood of SIDS, or Sudden Infant Death Syndrome. I am all about safe sleep and understand the chronic sleep deprivation you are facing. I have been there when choices around sleep are made out of desperation, and my goal is to shield parents from accidents and help you balance safe sleep practices with the reality of a newborn.

Parents have many options when it comes to the type of bed their little one uses the few first weeks. Some choose a crib, while others prefer to use a bassinet, a side-car, or pack-n-play in their bedroom. All three sleep spaces are great options because:

- They are safe and free from loose or padded items, unlike a bed or the couch.
- They are flat spaces, allowing the baby to find the position they are comfortable sleeping in.
- They are transferable, meaning that if you travel or are away, the space is consistent.

The foundation of where a baby learns to sleep is where they will be comfortable sleeping.

There are many products on the market today that cost hundreds or even thousands of dollars and generally have movement or vibration but they could be deemed unsafe for newborns. With that said, it's important to keep in mind that price doesn't always determine the level of safety so you need to do your research before purchasing your bed of choice.



If you go with the crib option and have it in another room or even your bedroom, I do advise that you start with just 1 nap a day in the crib, as it's going to help your little one become familiar with that sleep space when you are ready to make the transfer for all naps and at night.

While safe sleep can be an unpleasant topic, it's necessary to review the components of the safe sleep guidelines here in the United States (where I am located) and ensure all new parents understand them and decide on a sleep set-up that works for their family.

# Safe Sleep Practices

## Continued

Below, I highlight recommendations from the American Academy of Pediatrics around safe sleep practices, to ensure you live a long and healthy life together as a family.

### **Sleep Space:**

A sleep space should be a hard and flat surface, free from anything that is loose or padded, like blankets, padded bumpers, lovies, blankets, and stuffed animals. Nothing but baby should be in the sleep space.

### **Room-Sharing:**

The American Academy of Pediatrics recommends room-sharing the first six months of life to reduce the risk of Sudden Infant Death Syndrome.

### **Back to Sleep:**

Back is best, and the safest way for a newborn to sleep. They don't have the head control or strength to sleep on their tummies and back sleeping reduces the risk of SIDS.

### **No Fluff:**

Infants who sleep in spaces where there are blankets, pillows or fluffy comforters are at an increased risk of having an airway constricted, posing a suffocation risk.

### **Crib Design:**

Cribs with a side that can slide down, or with slats that are too wide, can pose a hazard to a new baby or cause a limb to get stuck & remember, padded bumpers are not safe.

### **Sleeping Apparatus:**

Putting your newborn in an apparatus not designed for sleep is not recommended by the AAP. This includes swings, docking pads and car seats. Should they fall asleep, you must not leave them unsupervised. The elevated sleep angle poses risk to newborns.

### **No Butts About It**

The Center for Disease Control has shown that smoking increases risk of SIDS. If you or a relative smoke, wash your hands and change your clothes before handling a newborn.

### **Infant CPR Preparation:**

I always encourage parents to take a local Infant CPR course or complete an online training to ensure that they are prepared in case an accident or choking event occurs.



## Creating a Sleep Sanctuary

Your newborn's sleep environment can play a large role in how well they sleep both in the daytime and the overnight hours. Every child is unique in personality and sleep temperament, so as these first weeks go by, you will begin to learn their preferences.

**Keep It Simple:** Over 50% of crib and bassinet-related deaths are the result of suffocation due to an over-crowded sleep space, mainly in the form of pillows and blankets. The sleep environment should consist of 1 thing, your baby.

**Keep It Dark:** Babies can be very sensitive to light/dark as they grow. Darkness signals our body to make melatonin, which is needed to sleep well.

**Keep It Cool:** Babies prefer to be cool, with an ideal temperature for sleeping between 68 degrees and 72 degrees Fahrenheit. See the breakout on the next page for ideal dressing guidelines for your baby.

**Background Noise:** White noise can be your friend and help the baby get used to it not always being quiet when they sleep. It can also be a benefit to hide noises of a doorbell, a barking dog or a busy street. Using a white noise machine also helps when traveling so you can keep the sleep environment consistent to what you have at home.

**Calm Breeds Calm:** Our children are very receptive to a calm environment before bed. They can become quickly overstimulated, so it's important to engage in calming activities before rest, such as reading a book, infant massage, rocking or some cuddles.



# Newborn Sleep Stages

So you just brought your baby home from the hospital where they did a lot of sleeping, and then a few days later they are more awake, alert and all over the place. This is completely normal.

Sleep expectations for a newborn need to be balanced and realistic. Their sleep patterns, habits, and needs are very disorganized the first six weeks. It isn't until 3-4 months where things start to organize and align.

Here is a sample of awake windows & sleep needs by age:

## 0-6 Weeks



### Average Number of Naps:

It will vary, focus on awake time between naps

### Awake Time Between Naps:

45-60 Min

### Total Hrs of Sleep Per Day:

15-18 Hrs

## 6-12 Weeks



### Average Number of Naps:

It will vary, focus on awake time between naps

### Awake Time Between Naps:

1 - 1:45 Hrs

### Total Hrs of Sleep Per Day:

12-16 Hrs

## 4-6 Months



### Average Number of Naps:

3-4 based on duration

### Awake Time Between Naps:

1.5-2.5 Hrs

### Total Hrs of Sleep Per Day:

12-16 Hrs



# Newborn Sleep Stages

## Continued



Newborns have two stages of sleep, either REM or non-REM sleep. Babies spend half of their sleep in light sleep and the other half in deep sleep. A newborn's sleep cycle is very different from an adult's, but around 4 months, their cycles start to mimic an adult's sleep pattern. For now, let's explore the 2 stages of newborn sleep a little more.

**REM SLEEP** - This is an active sleep stage. Parents of a newborn are often surprised to realize how loud babies are when they sleep. Moans, grunting and even crying out are all normal 'noises' for baby to make when they are in this active stage of sleep. This stage is very important because it's when our brains consolidate and organize information that we process each day.

**NON-REM SLEEP**- This is more of a deep sleep. During deep sleep, our bodies are repairing the cells, strengthening the immune system and developing more cognitive and biological functions.

By understanding your newborn's sleep stages and cycles, you will further strengthen their foundation for healthy sleep and promote their cognitive development, regulation of emotions, management of behavioral outbursts and foster healthy sleep hygiene. While it's not realistic to expect newborns to sleep through the night, by taking these steps to support them during the first weeks of life, you help build a solid sleep foundation and promote healthy habits for a lifetime.



## Structuring the Day

While a formal schedule is not appropriate for a newborn, understanding their cues, proper awake times, feedings and adequate sleep patterns are pillars in crafting a good sleeper both during the day and at night.

The best way to structure the day is to work on a 12 hours of day and 12 hours of night pattern - which is most closely aligned to their natural sleep rhythms. (We dive into sample schedules later in this guide!)

When working on your day routine, it should always start with ensuring that baby knows it's daytime. Open the curtains, sing a song, flip on the lights - you want to make it a definitive 'let's start the day' vs them thinking it is still the middle of the night.

Upon waking, in a bright room, offer your first feeding of the day. Since they are waking rested, they should be ready for that nice full feeding.

Start to get into the habit of wake - eat - play - sleep. It helps ensure that we don't create the eating to sleep habits that can be the hardest to break. If your baby is hungry before a nap, you obviously feed them, just always do your best to ensure that feeding is not 'to sleep' - balance it more along the lines of getting them down 'drowsy but awake',

The additional benefit is that it allows them to develop healthy routines over the first 12 weeks, so that by 4 months, they are in a nice consistent pattern of healthy sleeping and eating.

As a newborn, babies can spend up to 20 hours a day sleeping - in the next section we dive into newborn sleep cycles, awake windows and strategies to focus on around sufficient sleep.



# Structuring the Day

## Continued

### HOW LONG SHOULD BABY BE AWAKE BETWEEN NAPS?

#### NEWBORNS (BIRTH to 8 WEEKS)

45 MINUTES TO 1 HOUR

#### 8 WEEKS - 3 MONTHS

1 HOUR TO 1 HOUR 45 MINUTES

#### 3 MONTHS - 5 MONTHS

90 MINUTES TO 2 HOURS

#### 6 MONTHS - 7 MONTHS

2 HOURS 30 MINUTES TO 3 HOURS

#### 8 MONTHS - 12 MONTHS

3 HOURS - 4 HOURS

#### 13 MONTHS - 18 MONTHS

4.5 TO 5.5 HOURS

#### 19 MONTHS - 3 YEARS

5-6 HOURS

[WWW.SLEEPATLAST.NET](http://WWW.SLEEPATLAST.NET)

I speak a lot about 12 hours of day and 12 hours of night. I am a huge proponent of establishing a "routine" to help promote consistency, because you may feel like you lack a bit of that when you first bring your newborn home. I am not suggesting a set schedule because we all know that every day with a newborn is going to be a little different. If you start to do things in a consistent manner from the beginning, it will prepare your little one for how they will adjust in the coming months when their schedule becomes more predictable. Children are born with a blank slate, and we design the canvas.

## Structuring the Day

### Continued

Not allowing your child to become overtired is one of the hardest things to do but one of the most important lessons you will learn as a parent. A child who is overtired is often harder to settle, wakes more overnight and may even protest eating. When they are overtired, it creates a vicious cycle that many parents get stuck in.

Rather than watching the actual time, watch the awake windows and manage your days along those recommendations.

During the day, newborns will sleep and eat often. Around 8 weeks of age, their awake windows lengthen as they are taking in more milk at one time and their sleep is starting to consolidate into a more regular pattern.



I encourage new parents to build a day around small goals. Becoming a first time parent can be overwhelming, scary, and very emotional. I have found that incorporating some set activities into your day can help make the long and exhausting days more manageable. Here are some to try:

- **A walk** in the fresh air with your newborn while you wear them or push them in a stroller. If you live in a colder climate, try walking around the mall so you both have a change of scenery and get out for a bit.
- **A shower** when baby is safely sleeping in their crib or bassinet. Grab the monitor and hit the steam in a relaxing shower – it can help clear the mind a reset you for the rest of the day.
- **Infant massage** is a great way to engage with your baby and not only calm them, but you as well. It's also a wonderful way to help your little one if they experience gas pains or discomfort.
- **A Local support group**, whether you are first time parents, need lactation support, or you just want to connect with other parents who are in the same place as you, local parent meet-up groups can be a wonderful resource and remind you that you are not alone in this journey.





## Avoiding Day vs. Night Confusion

When babies are born, they do not yet have a structure to their day, or what we call their biological clock (AKA circadian rhythm). Sporadic sleep patterns are totally normal and expected with a new baby.

When sleep becomes more organized around 6 weeks, they start to fall into better day and overnight patterns. Until that time, there are some things you can do to support their journey to sleep and I've listed those in the next section.



- **Bright light** at the start of their day. When they wake, open the blinds to allow the light from the morning sun to shine in. Make it an obvious change from overnight sleep by picking them up, singing a song and feeding them in a well lit space for the first meal of the day.
- **Darkness is your friend** for naps & overnight. It helps trigger the sleep hormone melatonin and can be helpful, even for naps, to promote deep and restorative sleep.
- **Bedtime in a quiet and dark room**, not the living room. Lights and sounds from TV, appliances and gadgets can make it harder for babies to get into the deep sleep phase and feel their best.
- **Routines Rock**, so start a routine from day 1 when you get home from the hospital. The routine lets your little one know that bedtime is coming and helps them start to recognize external sleep cues.
- **Minimize overnight engagement**, as you don't want your baby thinking it's party-time at 3:00am. If they are hungry, you feed them, change their diaper if needed, and tuck them back in.

## Swaddles and Sleep Sacks

Swaddles, sleep sacks, and wearable blankets are terrific products because your newborn spent 9 months curled up and cozy on the inside, and these products help to create that same warm and comforting feeling on the outside. Swaddling the first 8 weeks of life is a terrific way to help your baby to feel secure while they are being held or while they are sleeping. Many babies are going to prefer their arms being swaddled 'in' but you may remember from your ultrasound that your baby always had their arms above their head, so they could be more of an 'arms out' swaddle lover. Every baby is going to have different preferences so it may require you to try a few different swaddles, as there are ones that zipper, velcro and knot. If you have friends who have children and have used some of these swaddles before, save some \$ by borrowing a few different ones and testing them out before you go and spend \$100 on 6 different swaddles

It's best to swaddle a baby when they are drowsy and before they become overtired. If they prefer their arms are 'in,' make sure they wrapped up tight and snug. There are some babies that don't like the swaddle, and that's ok. There are many different options on the market and you will find one that works!

On the next page, I've included a list of my favorite swaddles, sleep sacks and wearable blankets. These are all safe options and work well for newborns with various sleep preferences (arms in, arms out, arms over head, etc.). I only recommend products I believe in, products I trust, and products I have used with my own children. I hope you find these helpful as well.



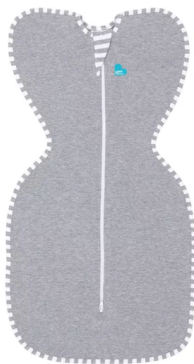
## Swaddles and Sleep Sacks

### Continued

**Swaddle Me:** The cozy fit helps your baby rest more comfortably by preventing the startle reflex that can wake your infant.



**Love to Dream:** This swaddle is so nice and easy. It keeps baby snug and their arms in the "over the head" position.



**Zipadee Zip:** Safe for baby to roll in, soothes a baby's startle reflex, and helps baby self-soothe. Keeps baby and their hands warm all night, no blanket needed and presents scratching



After 8 weeks, I recommend that you move from a swaddle to a swaddle transition or a wearable blanket, as it's important for their safety. We don't want them to roll and not have their hands free to be able to support and lift their head/neck, which can happen at 8 weeks.

**Merlin Magic Sleepsuit:** The Sleepsuit helps transition babies from the swaddle by providing them with a cozy, secure feeling – and helps them to manage the startle reflex that is still present the first few months of life.



**HALO Wearable Blanket:** This is a terrific option for babies under the age of one, who can not have anything loose in their crib. This helps ensure that they are cozy and safe for sleep.





# Baby Dressing Guide

**78+°F**  
**26+°C**



**75-77+°F**  
**24-25+°C**



+



**OR**



**71-74+°F**  
**22-23+°C**



+



**OR**



**69-70+°F**  
**20-21+°C**



+



**OR**



**64-68+°F**  
**18-19+°C**



+



**OR**



**61-63+°F**  
**16+°C**



+



**<60+°F**  
**<16+°C**



+



+



FROM THE AAP\*:

AVOID BABY GETTING TOO HOT TO REDUCE THE RISK OF SIDS

KEEP THE BABIES ROOM A COMFORTABLE TEMP

ADD +1 LAYER FROM WHAT YOU ARE WEARING

USE A WEARABLE BLANKET IF THE YOU WORRY BABY IS COLD

AVOID COVERING THE INFANT'S HEAD

BACK IS BEST

## Managing Feedings

When you are in the hospital and even as you are walking out the door, the nurses are practically yelling across the lobby to feed your baby every 2-3 hours. This is because a baby has such a small belly so they can only take in a few ounces at a time and have to eat many times throughout the day and night.

The average intake for a baby from 0-12 months is 24 oz - 32 oz in a given 24 hour period - breast milk and formula.



Newborns are still learning how to digest and getting used to milk and potential sensitivities. A major habit I see that hinders sleep around 4 months is the "eating to sleep" association. You can start to minimize this association right from birth, and while it is impossible to always keep your newborn awake while eating, there are a few things you can do to try and maximize their feedings:

## Tips for Full Feedings

1. **Keep a Log** - It helps you track total consumption and total time spent feeding in a day. Babies eat at different speeds and with different efficiency. Nursing for a full feed would be about 20 -30 minutes on each breast. Bottles are going to be about 2oz - 3 oz for the first 4-6 weeks - and slowly they will be able to handle more. If you are unsure of the intake, increase by 1/2 oz with a feed and see if baby takes it well or spits it up, which signals they are not quite ready for that amount yet.
2. **Naked Baby Feeds** - Well, sort of. No one likes to get peed on by a baby, so do keep them in a diaper, but the chill of wearing only a diaper vs. a cozy PJ or swaddle helps to keep them alert and awake.
3. **Suck - Suck - Swallow** - This is the precise thing you should be listening for when a baby is eating. If they aren't doing this, they are likely using your breast or a bottle, as a pacifier. If that happens, just remove it from their mouth to draw their focus back to eating.
4. **Feed After Naps** - As best you can, because this encourages baby to wake rested and hungry, ready to eat. It also helps to minimize the eating to sleep association that babies can develop.

## Bedtime Routines

Kids thrive on routines and, secretly, so do most parents. I am SUPER type A so routines and structure have helped me keep my kingdom in working order. While you may be a bit more "go with the flow," a young child exposed to consistency and routine will find comfort in transitioning from one activity to another and be able to do so with ease because they know what is coming next. They begin to understand the flow of a day and this minimizes fear of the unknown because of their predictable schedule.

Bedtime and nap time routines are important because they signal to a baby that sleep is coming soon. They recognize the activity and the body begins to prepare for sleep.

### A Sample Nap Routine

- Diaper Change
- Book or Song
- Rocking
- Swaddle
- Eating\*

\*while we ideally want feedings after a nap, you always feed a hungry baby.

### Sample Bedtime Routine

- Bath
- Massage with Lotion
- Final Feeding before bed
- Pajamas
- Book or Song
- Rocking
- Swaddle

Routines can differ for every family - as will timing. The most important thing to remember is....if the routine is going to make you late with your timing, skip it, so you don't end up with a baby that's overtired, making them struggle to settle for sleep.





# Preventing your Little One from Becoming Overtired

When your little one becomes overtired, it means that they are past the point of exhaustion and cannot sleep. I advise parents to avoid this like the plague, as it can be detrimental to eating and sleeping well (two critical components for a healthy and happy newborn).

When a baby is overtired, it essentially triggers their stress response system. As a result, the stress hormones (adrenaline and cortisol) enter a child's blood, making it hard for them to calm down. This worsens the more overtired they become and makes it more difficult for them to settle down.

Adding to this chaos are bad naps, which then trickle over into bedtime causing a difficult putdown, multiple night wakings unrelated to hunger, and very often, early morning wakings. And the vicious cycle continues.

## Signs it is Time for Sleep

- Rubbing of the eyes or face
- Redness under the eyes
- Frequent yawning
- Clinginess / fussiness
- Hyper / Amped-Up
- Excessive crying with no calm
- Arching of the back
- Pulling on their ears

**Be sure not to mistake tired for boredom by watching average awake windows based on your child's age.**



# Tips for Avoiding the Overtired Cycle

- **Watch for sleepy cues** – They start rubbing their eyes, yawning and their eyes look heavy. Once you see these signs, you need to start the process for sleep or else you risk them becoming over-tired
- **Monitor awake windows** – Every few weeks your baby will need adjustments to their awake windows. Refer to my guide around structuring the day because that is based on your babies age and their recommended hours of sleep per day.
- **Yes, they do need that nap** – I work with parents who have newborns who remain awake and "fine" (seemingly) for long periods in the day. Parents sometimes miss the signs of their child being overtired and think their fussiness may be due to hunger or other upsets. But I can assure you, they are overtired and it will manifest itself in other ways through the day and night so it's crucial to be aware of those awake windows, at every stage of their development.

**If your little one is struggling to go down from already being overtired, you can use a combination of these approaches to get them to sleep:**

- Swaddle
- Suck
- Side
- Swing
- Shush
- Sway



## Middle of the Night Feedings

Every newborn will need to eat overnight, and some children, depending on their growth curve, can still eat overnight at 6 months of age. There is no right or wrong answer as to when your baby should stop eating overnight, that depends on their milk intake.

As I have discussed in this program, babies need 24 oz – 32 oz of milk in a 24-hour period. If they have developed good sleep hygiene and avoided props that get them to sleep – then naturally they will start to take in more milk between 8 and 12 weeks, sleeping longer overnight.

Generally, you will start to see that they add on one hour of overnight sleep per week, getting you to 12 hours at 12 weeks. However, waking for a feed in the middle of the night after 12 weeks is still very common. What you want to avoid for the middle of the night feedings is a prop to get them back to sleep. During those overnight feeding sessions, your newborn should be fed, burped, and then you want to do your best to get them back down in the crib or bassinet awake (so they settle themselves to sleep). This creates the skill of independent sleep, and slowly what happens is they wake when they are hungry and sleep through longer stretches when they are not. When you introduce 'help' to get them back down, they start to crave it in the cycles from deep to light sleep where they arouse and can't head back to sleep without that prop, like rocking.

When you do have to feed in the middle of the night, there are a few things I like to ensure parents understand, to set their newborn and themselves up for successful sleep both in the newborn stage and as they grow into infants.



- **Keep the room dark and calm.** If you need a light, use one in the hallway vs. in their room, as external sources of light can be stimulating and cause wakings.
- **After feeding,** get out a good burp and lay them back down when they are awake so they can learn to settle on their own.
- **Avoid using your phone,** as the blue light is a stimulant to the brain, making it hard to settle.
- **Feed in safe space,** not in your bed, so you do not accidentally fall asleep feeding the baby.



## Milk Facts & Myths

Is your baby fed? Great! You are doing an amazing job momma. I know there are different options for every family around breastfed vs. formula fed babies and each family is going to determine what the best course is for their family. The important thing is that your baby is regaining their birth weight and growing well as the weeks tick on. I want to dispel a few rumors I hear about milk, to ensure new parents are not confused about what they read. I believe it's important that you have the answers to these common questions.

**Can I Produce Milk for My Baby** – Every woman produces milk, even if they don't plan on breastfeeding. There are two main hormones that are involved in the making of milk, prolactin and oxytocin. The 'trigger' of these hormones is the delivery of the placenta, telling your body that it's now time to make milk.

**Should Breastfeeding Hurt** – Yes, but not forever. One of the common complaints is nipple soreness or cracking, because a little one is sucking on your nipple and their tongues are gritty like sandpaper. If that is happening, be sure to work with the lactation consultant at the hospital or reach out to a local lactation professional for support & help with your latch. When a baby is latched on to the nipple properly, it should not hurt.

**Will Formula Help Them Sleep Longer** – Milk is milk and while there are undisputed benefits to breastfeeding, your newborn's milk intake will not differ because they are getting breast milk vs formula. Newborns through 12 months need 24 oz – 32 oz of milk in a 24 hour period. When they get it during the day, they sleep more at night. If they don't get it in the day, they wake at night. Newborns should be waking because their stomachs are not yet big enough to hold enough milk to carry them through the entire night. With proper habits, I see that around 12 weeks they are able to take in enough during the day that they start to sleep through the night completely.

**How Much Weight Should Baby Gain** – After birth, it's not uncommon for babies to lose 7% of their birth weight. By two weeks of age, they should be back to their birth weight and be gaining an average of 1 oz a day over the next few weeks.

**My Mother-in-Law Told Me to Add Rice Cereal to a Bottle** – No. Newborns need milk and that's it. Rice cereal is not appropriate for newborns. If you feel like something is off with your baby's intake or they are experiencing discomfort, it is best to speak with your Pediatrician to assess potential allergies, a tongue tie or something else that could be going on.

## Managing Colic

The sign your baby may have colic generally becomes obvious to parents when they have tried everything to ensure baby is happy, fed, rested, etc. and still the crying persists. Here are a few things to look for:

- They cry for 3 or more hours each day, more than 3 days a week, for at least 3 weeks
- Crying for what seems like no reason or consistent crying at the same time every day (usually the afternoon or evening)
- A more intense 'cry' from the normal cry that they let out
- Tight fists/legs being scrunched in towards their belly, tightened stomach or a bloated belly

Doctors are not really sure what causes Colic. I have supported thousands of families around the world and many parents who have children diagnosed as 'colicky' can't find answers to their questions or understand how to help their little one. This is why I wanted to share some practical advice on managing a baby's symptoms and to also help you cope with the first few weeks, because it can be a difficult time for the whole family. Do not jump straight to feeding when baby cries. I am NOT suggesting that you don't feed a hungry baby. What I mean is that if they just ate 30 minutes ago, first make sure it's not trapped air or gas pains. To alleviate gas pain you can try laying them across your legs (stomach down) and gently rub their back to help get the trapped air out. You can also take a look at *your* diet and the foods that may be irritating them. Foods that are transferring to the baby in your breast milk can upset their new digestive systems. A formula that's based on cow's milk is also something to watch. Ensure that your baby doesn't have a milk-based protein allergy. Consult your pediatrician when selecting a brand/type that will work best for your child.

Full feeds – properly spaced feedings (throughout the day) are my number one recommendation for helping to manage colic. For newborns, that is usually about every 3 hours. If you are trying to eat lunch before breakfast fully digests, your 'holding tank' can get too full and cause pain, discomfort and spit-ups. As the day goes on, they are getting more stuffed and more stuffed, hence these symptoms tend to occur in the afternoon or evening hours. Do what you can – colic is short term, but can be hard on babies and parents. Do what works for your family to get them as comfortable as possible for naps and overnight, as sleep can help them feel rested and refreshed.

### ANTI COLIC DIET

#### The Bad

COFFEE  
ALCOHOL  
CHOCOLATE  
CAFFEINATED TEA  
BREWERS YEAST  
RAW ONIONS  
BROCCOLI  
CAULIFLOWER  
CUCUMBER  
PEAS  
CITRUS  
BERRIES  
MELONS  
GARLIC  
BRUSSEL SPROUTS  
LENTILS  
LETTUCE  
GRAPES  
CABBAGE  
RADISH  
TURNIPS

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PUMPKIN  
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## Managing Reflux

Reflux is a common condition in newborns. It occurs when the flap in the lower portion of their esophagus is unable to close, allowing the return of the stomach contents to flow back up. This causes irritation, discomfort, spit-up, and sometimes vomiting, which can be scary. Silent reflux appears in the form of discomfort when your baby is done eating, but they don't always spit up, which makes it hard for new parents to identify the problem.



Aside from the discomfort of reflux, it can damage the lining of the esophagus over time. This damage can lead to other challenges if eating becomes very painful and they start to refuse milk as a result. It is more common with formula-fed babies vs. breastfed babies, because of the high levels of alkalinity in the breast milk, which will neutralize the stomach acid.

Managing reflux without medication is possible, but it's best to speak with your doctor about the symptoms so they can address the proper course of treatment for your baby.

### Managing Reflux at Home

- **Avoid Feeding Too Frequently** - Spacing out feedings to every 2-3 hours the first 6 weeks of life and every 3 - 3 1/2 hours from 6-12 weeks of life will help.
- **Avoid Overfeeding** - To ensure the stomach has time to digest the milk from the first feeding before you offer the second.
- **Diet Changes** - If you are nursing, you want to avoid caffeine, dairy, soy, corn, gluten and spicy foods, which can transfer and agitate your newborn's stomach.
- **Eat-Play-Sleep** - Feed baby after a nap, so that they milk has time to digest before you lay them down to play or for a nap. Feed at the start of the bedtime routine too.
- **Overactive Let Downs** - They can cause too much air intake, which can cause gas and reflux-like symptoms - best to pump a few minutes before a feed to help.

If symptoms persist, speak to your Pediatrician about managing reflux with the proper medication.



## Teaching Sleep Hygiene



Sleep hygiene is a very under discussed topic for new parents. You are sent home from the hospital with minimal foundation around sleep and without the understanding that it is a learned skill for your newborn. Children learn HOW to fall asleep by how they are taught. We are all born with the ability to sleep, but it takes some skill and good habits to be able to achieve restful and restorative sleep. One of the most crucial elements for teaching children to go to sleep and stay asleep is helping them develop self-settling strategies. We all use these techniques; some of us have to be in a particular position to fall asleep, some of us need the window open and socks on, some of us need to listen to music to fall asleep, etc. For newborns, many like the swaddle, continual movement or the bliss that comes after a nice eating session (what I used to refer to as "milk drunk" in my own kids).

The blank slate over the first 12 weeks is slowly painted for them with a picture, and that picture should be one of balance. If your baby has never been in their crib and then at 12 weeks you decide it's time, it's a new and unfamiliar space that they need to get comfortable with. If the only way they fell asleep for the first 12 weeks was to eat to sleep, they won't magically wake up and know how to lay quietly, coo, and fall asleep on their own in the crib or bassinet; they will expect you to feed them so they can fall asleep. It's important to start with 1 nap a day in the space you eventually want them to be. It is a safe space and allows them to get comfortable there. Understanding that the sleep space, the timing of sleep, and ensuring a child is fed at regular intervals while their bodies grow are all important for proper sleep hygiene. Sleep is a skill, and we need to help them understand how to sleep and to learn they can do it without looking for those other "things" to assist. Quickly, they will start sleeping longer, feeling better and enjoying their beautiful new world even more.

## Responding to their Needs

There is a general misunderstanding about "bad" sleep habits when your child is a newborn and many people think that their child will need formal "sleep training" to fix the poor habits. While there can be habits that a newborn develops that will need to be adjusted, with proper guidance (right from the start) you can prevent those habits from taking a strong grip on your newborn's sleep and balance it with the responsiveness and love that you have for your baby.

Newborns are just that, new little humans who require support, assistance, love, reassurance and guidance in this big new world. Responsiveness to their needs, when done in a balanced way, lets them know that you are supporting whatever challenges they are facing at that moment and gives them a multitude of ways to work through the issue.

This ensures that one "thing" doesn't become your go-to and eventually a prop that they need to fall asleep for a nap, bedtime, or after a middle of the night waking.



### Soothing Techniques

- Swaddling / Re-swaddling tight
- Arms out of the swaddle
- Gentle pressure on the chest
- Using a pacifier to calm
- Rocking
- Shushing or singing
- A butt pat
- Movement to calm
- Picking up / putting down
- Massage / Bicycles for gas pain

I always recommend that you avoid feeding to sleep. While it will happen, it can be a hard habit to break and may lead to shorter feedings, trouble settling, and habits that you will need to break for longer periods of independent sleep.



Especially after they are 8 weeks old, babies can start to rely on soothing techniques, so just balance cycling through these various methods to help calm, support and comfort your little one. The most important thing is sometimes just getting them to sleep – however you can. Avoiding a baby getting overtired is what I tell clients is the single most important thing to focus on. Try to stay within those recommended awake hours if you can.

## A Day in the Life of a Newborn

**What do I do? Are they hungry? Do they have gas? Are they tired?  
Do I swaddle? Do they hate this swaddle? How do I even use this  
swaddle?**

Don't worry, we have ALL been there. Anyone who says they haven't is lying. I can honestly say bringing home a newborn is the only job I ever had where I felt like a complete failure. I had zero idea of what I was doing, and like you, just wanted to understand how to achieve balance and normalcy for my newborn's comfort and my own sanity.

Every day in the life of a newborn is going to feel a bit different and it should. It is important that you follow their lead, but balance that with the knowledge I have shared with you in this guide so you can structure a day that works for both of you. Every baby is different, their needs are different and the challenges they face will be different too.

For me, I tried to balance their needs with ensuring I was providing a little bit of self-care into things, so I could be the best parent I knew how to be. I would walk when I knew their nap time was approaching so they could sleep in the stroller and I could get some fresh air. I would pump after nursing when they slept, so I could establish a supply. I would ensure I showered while they slept (with the monitor close by and them in the crib) so I could feel a little more human. I would enjoy cuddle naps while binge-watching Netflix in my mesh underwear while sitting on an ice pack and say 'yes' when someone wanted to do something for me or just stop by (knowing personally I could use the break). This next section will help you to manage your day with samples of what a day could look like, remembering all babies are different with different needs, and it's about balance.





## Sample Daytime Schedule

### 3 Weeks Old

While a schedule can be a useful guide, I want to make it clear that this is just to help you understand what a day could mold into at 3 weeks old because it's all still very new for you and very overwhelming. This is not meant to be a by-the-book, must-follow day, it's about showing you how to structure a day where you are supporting their eating and sleep needs. At 3 weeks, they are still rapidly growing, eating a lot and sleeping away long parts of the day so please keep that in mind and be flexible.

|                 |  |
|-----------------|--|
| <b>7:00 am</b>  | <b>Wake for the day, feed in a well-lit room to signal the difference between a waking overnight and starting the day, then it's playtime.</b> |
| <b>7:45 am</b>  | <b>Nap #1</b>  |
| <b>9:00 am</b>  | <b>Wake from nap #1, feed and then play &amp; cuddle</b>   |
| <b>9:45 am</b>  | <b>Nap #2</b>  |
| <b>11:00 am</b> | <b>Wake from nap #2, feed and then tummy-time practice</b>   |
| <b>11:45 am</b> | <b>Nap #3</b>  |
| <b>1:30 pm</b>  | <b>Wake from nap #3, feed and then play</b>  |
| <b>2:15 pm</b>  | <b>Nap #4</b>  |
| <b>4:00 pm</b>  | <b>Wake from nap #4, feed and then play</b>  |
| <b>4:45 pm</b>  | <b>Nap #5</b>  |
| <b>5:30 pm</b>  | <b>Wake from nap #5, top-off feed and then some cuddles and snuggles</b>   |
| <b>6:15 pm</b>  | <b>Nap #6</b>  |
| <b>7:00 pm</b>  | <b>Wake from nap #6, feed and then play</b>  |
| <b>7:30 pm</b>  | <b>Kickoff bedtime routine, then a full feeding before bed (in a calm, dark and safe sleep space).</b>   |
| <b>10:00 pm</b> | <b>Optional dream feeding - to help get one longer stretch of sleep between other overnight waking's and feeding.</b>                          |

## Sample Daytime Schedule

### 6 Weeks Old

By 6 weeks old, you should be starting to fall into some good rhythms with your baby and balancing their needs with a more consistent routine. They are eating better, awake for longer periods, more alert and probably using those lungs to communicate more frequently with you. As they grow, you will notice that they are able to take in more milk, sleep a little longer at night between feedings, and nap with a little more structure. Here is a sample of what a day looks like at six weeks old.

|                 |   |
|-----------------|---|
| <b>7:00 am</b>  | <b>Wake for the day, feed in a well-lit room to signal the difference between a waking overnight and starting the day, then it's playtime.</b>            |
| <b>8:00 am</b>  | <b>Nap #1</b>   |
| <b>9:00 am</b>  | <b>Wake from nap #1, feed and then play &amp; cuddle</b>  |
| <b>10:00 am</b> | <b>Nap #2</b>   |
| <b>12:00 pm</b> | <b>Wake from nap #2, feed and then tummy-time practice</b>  |
| <b>12:45 pm</b> | <b>Nap #3</b>   |
| <b>3:00 pm</b>  | <b>Wake from nap #3, feed and then play</b>   |
| <b>4:00 pm</b>  | <b>Nap #4</b>   |
| <b>4:45 pm</b>  | <b>Wake from nap #4, feed and then play</b>   |
| <b>5:45 pm</b>  | <b>Nap #5</b>   |
| <b>7:00 pm</b>  | <b>Wake from nap #5, feed and then some cuddles and snuggles</b>  |
| <b>7:30 pm</b>  | <b>Kickoff the bedtime routine then a full feeding before sleep</b>   |
| <b>8:00 pm</b>  | <b>Bedtime for the night in a dark, quiet and safe space</b>  |
| <b>11:00 pm</b> | <b>Optional dream-feeding - so baby can start to get 1 longer stretch of sleep. Then feed overnight for any other waking's, as they will need to eat.</b> |

## Sample Daytime Schedule

### 8 Weeks Old

At 8 weeks old, you will start to see your baby taking one longer stretch of overnight sleep between 6 & 8 hours. They are still waking to eat, then going back down to sleep until their next feeding in the night, as their capacity and sleep consolidation grows. At 8 weeks, their awake window also moves out a little bit to somewhere between 1.25 to 1.5 hours.

|                 |  |
|-----------------|--|
| <b>7:00 am</b>  | <b>Wake for the day, feed in a well-lit room to signal the difference between a waking overnight and starting the day, then it's playtime.</b> |
| <b>8:15 am</b>  | <b>Nap #1 - try for in the crib! (It's usually the easiest)</b>  |
| <b>10:00 am</b> | <b>Wake from nap #1, feed and then play &amp; cuddle</b>   |
| <b>11:30 am</b> | <b>Nap #2</b>  |
| <b>12:00 pm</b> | <b>Wake from nap #2, feed and then tummy-time practice</b>   |
| <b>1:00 pm</b>  | <b>Feed then down for nap #3 - remember to lay down drowsy but awake</b>   |
| <b>4:00 pm</b>  | <b>Wake from nap #3, feed and then play</b>  |
| <b>5:15 pm</b>  | <b>Nap #4</b>  |
| <b>6:00 pm</b>  | <b>Wake from nap #4, then play</b>   |
| <b>6:45 pm</b>  | <b>Kickoff the bedtime routine then a full feeding before sleep</b>  |
| <b>7:15 pm</b>  | <b>Bedtime for the night in a dark, quiet and safe space</b>   |

At this age, I recommend dropping the dream feeding so that babies can start to wake naturally when they are hungry and will sleep when they are not. When baby wakes overnight, give them a minute to settle, then if they don't - it's likely they are hungry. Feed them, change them if you need to and do your best to lay them back down awake until the next waking.



## Sample Daytime Schedule

### 12 weeks old

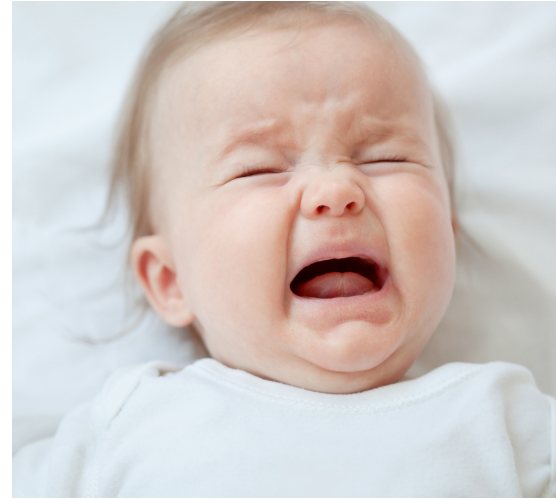
At 12 weeks old, you will start to see your baby taking generally one longer stretch between 6 & 8 hours overnight of consolidated sleep, still waking to eat, then going back down to sleep until their next feeding in the night, as their capacity and sleep consolidation grows. At 12 weeks, their awake window also moves out a little bit to somewhere around 90 minutes.

|                 |  |
|-----------------|--|
| <b>7:00 am</b>  | <b>Wake for the day, feed in a well-lit room to signal the difference between a waking overnight and starting the day, then it's playtime.</b> |
| <b>8:30 am</b>  | <b>Nap #1 in the crib</b>  |
| <b>10:30 am</b> | <b>Wake from nap #1, feed and then play &amp; cuddle</b>   |
| <b>12:00 pm</b> | <b>Nap #2</b>  |
| <b>1:30 pm</b>  | <b>Wake from nap #2, feed and then tummy-time practice</b>   |
| <b>3:00 pm</b>  | <b>Nap #3 in the crib</b>  |
| <b>4:00 pm</b>  | <b>Wake from nap #3, feed and then play</b>  |
| <b>5:15 pm</b>  | <b>Nap #4</b>  |
| <b>5:45 pm</b>  | <b>Wake from nap #4, then play</b>   |
| <b>6:30 pm</b>  | <b>Kickoff the bedtime routine then a full feeding before sleep</b>  |
| <b>7:00 pm</b>  | <b>Bedtime for the night in a dark, quiet and safe space</b>   |

At 3 months, some babies will start to sleep through the night, others will still be waking, BOTH situations are normal. Babies need 24oz - 32oz of milk in a given 24 hour period, so the time of day that they get the nutrition will determine how long they can sleep between waking for day feedings and overnight feedings. You can look at it this way, if they take in all of their calories during the day, they are more likely to sleep through the night and not require an overnight feeding.

## Managing Sleep Regressions

It's here, the dreaded sleep regression – and things were going so well. You finally got baby on a loose 'schedule,' they were going down well for naps, sleeping through the night and then BOOM, sleep is unpredictable again. This is commonly when I hear from many new parents, as they don't quite know what happened. A sleep regression is characterized by changes to your little one's behavior like perhaps they are fussier than normal, or it becomes harder for them to settle. They don't sleep as long during naps or suddenly they go back to waking up 5 times a night and you just don't know why.



Your baby is engaging with the world in new ways every single day and although it's a wonderful thing, it can be disruptive to their sleep patterns and needs. They are growing, starting to explore their environment by rolling around, and even beginning to realize their actions can deliver results from you – this is the start of "cause and effect" in this big new world of theirs. The challenge for parents during this time is that they don't see it coming and don't know what to do when a sleep regression arrives. Are they teething? Is it perhaps that they are hungry? Shoot, do they have an ear infection? Maybe it's my supply? Is the reflux kicking back up?

It's likely none of the above. Often at 4 months, your little one experiences a ton of cognitive changes and that can impact their sleep habits. It is at this point that they need to learn how to adjust to the new sleep cycles. It may take them longer to fall asleep at bedtime or for naps, even with your help of rocking, swinging, bouncing or patting to sleep. You may also find just as they are about to drift off, their eyes pop open and then they are up again. If they don't know how to go back down independently, they are looking for you to help.... 5,6,7 times a night. Around the 4 month mark, many babies are actually capable of sleeping through the night, or at least for a prolonged stretch of 8 hours without the need for intervention or eating (provided they are growing on the curve). The challenge is that if they don't know how to go back to sleep in between regular sleep stages, they are going to look for you. A sleep regression should only last 2 – 4 weeks, anything longer means that your little one has picked up some new habits you will want to address.



# Beating the 4 Month Sleep Regression

**Drowsy but Awake-** Start by putting your baby down in the crib drowsy but still awake (after feeds). This will help them to develop the skill of independent sleep and not become reliant on you every time they wake up. Offer gentle verbal reassurance through shushing or with a touch to their belly or head, until they put themselves to sleep. I tell families to start with 1 nap a day at this age where they can practice this & try again at bedtime.

**Avoid them becoming overtired-** At 4 months, babies can handle about 90-120 minutes of awake time before they get overtired and struggle to get down at all. Sometimes it's impossible to avoid, so just do your best and try to be mindful of their awake windows. Don't always rely on their cues, because when you see the 'sleep cues' it sometimes means that they are already past their ideal sleep window.

**Don't Stress-** Kids pick up on your energy and if you are stressed and anxious, they will be too. It's important to just go with the flow and do whatever works. What worked today may not work for your little one tomorrow, but we can fix anything. The biggest thing is just getting them the sleep they need.

**Identify Sleep Props & Habits-** Be aware of the things you do to get your baby to sleep and try not to add anymore to the list. If you are rocking to sleep, start doing it a little less, or pausing to stillness (slowly becoming still for longer and longer). While it can be hard, the more sleep props you use, the more you not only need to curb, but then you also need to identify which one works when and why. This can lead to your baby becoming overtired, frustrated and upset. It's OK to have things that help get your little one to sleep, just don't create a list that is too long to manage.

**Be Supportive-** Baby is going through a lot of changes right now, so be supportive of them during this time of major development. Offer positive praise, reassuring touch and support as they navigate this new course. I like to remind clients that it's about balance. Sure, we want them sleeping in the crib, but baby-wearing, a snuggle nap, a cuddle on the couch are all things that can and should happen. Connecting with your baby, offering support, reassurance, and love go a long way. Everything in moderation with sleep, enjoy those snuggles because they don't last forever.

**Watch for Milestones-** They roll, they smile, their first real belly-laugh, they sit up, etc. All of these amazing milestones can be very exciting for you and very exhausting for them. These skills take practice and babies don't have the stamina you do, so they get tired quickly. They will often require more sleep during these times, so be sure to watch for signals, track their sleep and their awake windows. Consistency is Key.

Sleep regressions are temporary, so remember, this too shall pass. If you have been struggling with a sleep regression for longer than 4-6 weeks, it may be time to seek help, as there may be some new habits that have begun to derail their progress. Sleep regressions typically occur at 3-4 months, 8-10 months, 12 months, 18 months, and again at 2 years. The amazing news is that many of my clients tell me (months or even years down the road) that sleep regressions no longer impact their family. Their sleeping babies stay solid sleepers as a result of mastering the skill of sleep that I teach during our time together.



## Thank You

Thank you so much for including me in your journey for better sleep and this new adventure of parenthood, life's most amazing gift. I hope that you've found this information to be helpful. I would love to hear how this guide has helped you or what you wish was included, so I can continue to improve my content and make your role as a parent that much better.

Don't forget to join our Facebook Group – just search for Formerly Tired Moms Club.

Hope to see you there!



## Still Struggling?

### Book a preliminary sleep evaluation call with me!

If you are still struggling with sleep and need more help, please don't hesitate to reach out. My goal as a Pediatric Sleep Specialist is to help you and support you on this journey. Too many families struggle for months or even years with sleep issues and it is not necessary.

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# Meet Kala, Founder & CEO of Sleep at Last



**Kala Guichard**  
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## LET'S CONNECT!



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I'm a Certified Pediatric Sleep Consultant, Cajun wife, mother of three,  
and I'm passionate about sleep.

Which is why I became a Sleep Consultant and Owner of Sleep at Last!

I specialize in helping exhausted, frustrated parents of sleepless  
children get more sleep so that everyone in the family wakes happy,  
healthy, well-rested, and thriving.

Rather than using some “cookie cutter” method, my unique approach  
allows us to work together to develop a customized plan best-suited to  
YOUR child’s sleep habits and unique personality, and your parenting  
style.

Finding a sleep consultant that you are comfortable with and who is  
available to support you every step of the way is crucial to success. I  
pride myself on the structure and unique value I bring with my  
coaching, access to me, and ongoing support after our time together  
concludes, which is like any other in the sleep space today.

If you are ready to get the sleep you and your whole family need, I  
would be honored to help.

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## Disclaimers

The advice you receive from me is for informational purposes only and is intended for use with common early childhood sleep issues that are wholly unrelated to medical conditions. My advice is NOT intended to be a substitute for medical advice or treatment. Always seek the advice of your doctor or other qualified health practitioners regarding any matters that may require medical attention or diagnosis, and before following the advice and using the techniques described in the Company Name Program. Reliance on any information provided by Sleep at Last is solely at your own risk.

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