

Sleep Training Video Course

Part 1: The Ins and Outs to Optimizing Your Baby's Sleep



Notes

Video 8: Moving Bedtime Earlier

Baby's bedtime is going to be moved up earlier and earlier, and I talk about the why and how to doing this.

Video 9: Nap Lengthening

Once baby can initiate sleep on their own, the next big hurdle is making their naps longer than an hour.

Video 10: Moving to a Clock-Based Schedule

Woo clock-based schedules!! This video goes over how to look for patterns and moving baby to a clock-based schedule.

Video 11: Dropping Nighttime Awakenings

This video goes over when you should start cutting down nighttime wakening and how!

Video 12: Sleep Training Twins

This video goes over all about getting twins on the same sleep schedule and meeting both of their sleep needs.

Video 13: Extra Pointers for Sleep Training Older Babies

If you're starting sleep training late, this video has some tips for you!

Video 14: Safety

This video goes over all safety precautions for your baby. For more information, go to www.aap.org

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Part 2: Frequently Asked Questions



There are so many different wrenches that can be thrown in and different situations that come up when you're sleep training it can be overwhelming. This video series gives a quick rundown of my frequently asked questions. There's no particular order for watching these videos, so feel free to jump around and watch the ones that apply to you and your baby.

Notes

Video 1: Introduction to FAQs

Video 2: Developmental Transitions, Sleep Regression, Teething, & Illness

In this video, you'll learn when the sleep regression stages are and what to do when teething and sickness messes with your baby's sleep.

Video 3: Reflux & Tummy Troubles

This video covers how to tell if reflux or tummy troubles are the culprits for your baby's bad sleep and how to help them get through it.

Video 4: Extending Wake Up Time

Is baby waking up SUPER early? This video teaches you how to extend your baby's wake up time.

Video 5: Transitioning Out of a Swaddle

In this video I go over how to transition out of a swaddle so your baby's sleep isn't thrown off.

Video 6: Dropping Naps

In this video I go through the different ages of when you should be dropping baby's naps and how to do it smoothly.

Video 7: Pacifier Issues

Pacifiers are a great tool for soothing your baby. However, there are some issues that can come up when using them and this video goes over just that.

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Part 3: What to Expect at Different Ages



Although every baby is different, this video series goes over the different age groups (from 4 months to 24 months) and what to expect developmentally.

Notes

Video 1: Intro

Video 2: 4-5 Months

Although I go through 4 to 5 month olds a lot in Part 1, I go over some more tidbits about this age group.

Video 3: 6, 7, & 8 Months

Sorry mama's, but this is around the time your baby starts teething. In this video I go over that, and other developments to expect during this time.

Video 4: 9, 10, 11, & 12 Months

This may seem like a lot of age groups clumped into one, but in this video I go over what all of your babies are going to go through at some point during this chunk of time.

Video 5: 12-16 Months

A lot of big transitions are going to happen to baby during this time, but the main one I cover in this video is weening.

Video 6: 18-24 Months

Toddlers! This video goes over all about how to handle toddler behaviors.

Sleep Log



12am																		
11																		
10																		
9																		
8																		
7																		
6																		
5																		
4																		
3																		
2																		
1																		
12pm																		
11																		
10																		
9																		
8																		
7																		
6																		
5																		
4																		
3																		
2																		
1																		
12am																		
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14				

- Sleeping
- Eating
- Playing (Out of Crib)
- Mild Cry
- Crying
- Set in Crib
- Screaming
- Happy in Crib
- Fussing on/off

Number Of Naps Per Day & Awake Times For Each Age



Age	Number of Naps A Day	Awake Times
0-4 Months	No set amount a day	60 minutes after waking for the day, 60-90 minutes between naps and up to 2-2.5 hours awake time before bed
4 Months	4-5 naps	60 minutes after waking for the day, 60-90 minutes between naps and 2-2.5 hours awake time before bed
4-5 Months	4 naps	60 minutes after waking for the day, 60-90 minutes between naps and 2-2.5 hours awake time before bed
5 Months	3 naps	60-90 minutes after waking up for the day, 90-120 minutes between naps and 2-3 hours awake before bed
6 Months	2 solid naps and 1 cat nap	60-90 minutes after waking up for the day, 90-120 minutes between naps and 2-3 hours awake before bed
7-9 Months	2 naps	2-3-4 rule: 2 hours after waking for the day, 3 hours inbetween naps 1 and 2, and 4 hours before bed
12-16 Months	Transition to 1 nap	5-5 rule: 5 hours after waking up and 5 hours before bed
3 Years Old	Dropping naps altogether, but still need an hour of quiet time a day	

Night Wakings You Can Typically Expect



I typically take a fairly conservative approach when it comes to night feedings. As a mom who sometimes runs on the anxious side, I don't want to run the risk of having babies cry it out if they are legitimately hungry at night. Sometimes babies DO need to do some CIO to drop night feedings, but often they will drop them on their own. As a general rule, I recommend letting babies 0-4 months fuss for about 5 minutes before they wake at night, to ensure they're good and awake and will take a full feeding. After sleep training I'll generally do 5 minutes of fussing before a feeding I KNOW they probably need, and up to 20-30 min of fussing for a feeding I'm kind of thinking they might not need anymore. And then you can do 30-60 min of CIO for a feeding you KNOW they no longer need.

As always, tune into your mom-gut to see what you think YOUR baby needs. Many babies (especially babies on formula) can drop all night awakenings at 4 months and sleep through the night. Once your baby is eating solids, feed them a hearty dinner before bed. I like to add protein in however I can for the evening meal, and do a thicker sweet potato/oatmeal/breastmilk mush.

If you are struggling with frequent night awakenings after sleep training, when you are sure you're preventing over-tiredness and baby can initiate sleep independently for other sleeps, circle back with your doctor and make sure there aren't any medical concerns or reasons baby may be experiencing pain at night. (i.e. gas, reflux, food intolerances, cramps, etc.)

Age	Typical Amount of Night Wakings
0-3 Months	Waking to eat every 3-4 hours
4-6 Months	2-3 night wakings
7-9 Months	1 night waking
9+ Months	0 night wakings