

CacchinoTM

PRESENTS

Your Baby Sleep Guide



*Discount
Code
Inside!*

Written By All The Sleeps

What To Expect

As a new mom, it can be so hard to know what to expect from your newborn! I like to tell families to take the first 4 weeks to focus on snuggles and feedings.

Your newborn will be very sleepy initially. They may only be awake long enough to eat and then pass out again!

You may also experience Day and Night Confusion during this time. This is very normal and it will naturally resolve itself within 2-6 weeks. To help it along, always wake your baby during the day to feed every 2.5-3 hours.

Keep your newborn's sleep environment at night very dark and unstimulating. Then during the day, make sure you expose them to lots of natural light!

A period of time called the Witching Hour from 5-10pm can be a difficult time for some babies. This is often characterized by extreme fussiness and the inability to fall asleep. Use white noise, walks outside, cluster feeding, and swaddling to help you get through it.



Newborn Sleep Tips

Follow an Eat, Play, Sleep schedule starting around 4 weeks.

This encourages full feedings and avoids the eat-to-sleep association.

For example: When your newborn wakes, either in the morning or from a nap, feed them shortly after. Then they will have the rest of their awake time for snuggles, tummy time, and play before going down for their next nap.

Follow wake windows of 45-60 minutes during the first two months of life.

Follow safe sleep guidelines:

Alone: Your baby should sleep alone without blankets, pillows, or animals

Back: Your baby should be placed on her back to sleep

Crib: Your baby should sleep on a flat, firm surface like a crib, bassinet or pack n play

Swaddle, swaddle, swaddle!

Some babies will fight the swaddle, but don't give it up too soon!

When you hear your newborn making noise at night, WAIT. Newborns are noisy sleepers and sometimes they aren't fully awake even if they are crying out. Try to give them 1-2 minutes to make sure they are truly awake.

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Nap Chart By Age

Age	# of Naps	Approximate Wake Windows
0-2 months	4+	Naps occur about every 45-60 minutes <i>Naps during these first few months are erratic and that is OK! Focus on feedings and keep your newborn from becoming overstimulated.</i>
3-4 months	4-3	Naps occur about every 90-120 minutes <i>Short naps are still common at this age. Also, your baby is less likely to sleep well on-the-go now so try to be home for naptimes to occur in crib.</i>
5-8 months	3	Naps occur about every 2-3 hours <i>Your baby will likely have 2 longer naps followed by a 3rd cat nap until they are ready to drop the 3rd nap.</i>
9-15 months	2	Naps occur about every 3-4 hours <i>Naps should be fairly predictable by this stage and you may have to cut naps short if your baby is sleeping too long during the day.</i>
15 months+	1	Nap starts between 12 and 1pm for up to 3 hrs <i>Your toddler will have 1 long afternoon nap which should end by 3:30/4pm.</i>
2.5-5 years	1-0	Nap starts between 12 and 1pm for up to 3 hrs <i>Even once the nap is gone, still enforce a daily quiet time for at least 1 hour until your child is in school all day.</i>

Awake But Calm

Every time you lay your baby down for sleep (naps and nighttime), he should be awake and calm. Not asleep. Not drifting off. Fully awake.

The most common reason babies are unable to sleep well is because they are never taught how!

If you are the one putting your baby to sleep each time, instead of teaching your baby how to do it himself, he will wake frequently from short naps and take longer to fall asleep as he gets older. Learning independent sleep is a super important skill for your baby to learn, and it will translate into longer naps and better night sleep.

I often find that it is harder for the parents to give up their routine (rocking/nursing/holding baby to sleep) than it is for the actual baby! Teaching your baby to sleep is like teaching him any other skill in life: how to tie shoes, how to use the potty, learning to walk or ride a bike. It can be hard to let go and see your baby struggle with new skills, but you do it because you know how necessary learning these skills are!

Your Discount Code:
SLG10DSC

Author's Bio

Pediatric Sleep Consultant

My name is Carianna and I'm a Certified Pediatric Sleep Consultant.

I'm also the mom of a 3 year old boy and a 5 year old boy so I have ridden the same sleep roller coaster as you!

I love sharing my sleep secrets and helping families find the right methods to teach their littles to love sleep.



For more sleep resources, check out my blog:

www.allthesleeps.com/blog

And follow me on Instagram for daily sleep tips:

@allthesleeps

