

SURVIVAL GUIDE FOR BUMPS IN THE ROAD

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INTRO

Bumps in the road can be frustrating and challenging, but they are not the *end* of the road. It is important to stay patient and positive when you come across bumps in the road while you sleep train your child. They can happen at any age due to developments, milestones, or regressions. As long as your baby isn't ill, and your doctor gives you the green light, don't discontinue your sleep training during these times. Remember: stick to the routine, give extra love and support, and always put your baby down while he or she is still **awake!**

0-2 MONTHS

- **Day/night confusion** - Babies won't start producing **melatonin until about 2 or 3 months**. Getting to sleep and staying asleep might take some effort before this age.
- According to the National Sleep Foundation, a baby's sleep-wake cycle doesn't develop until around 6 weeks. By **3 to 6 months**, most babies have a regular sleep-wake cycle.
- It can take a baby **6 to 8 weeks** to get over day/night confusion.
- Babies will hit their first 3 growth spurts during these months: **1 week, 2-3 weeks, and 6 weeks**.
- Extra feedings are fine as long as baby is kept awake during them.

2-5 MONTHS

- 4 month sleep “**regression**” happens during this time
- “Regression” is a misleading term, because there is a lot that goes on developmentally around the 4 month mark. The brain changes that happen during this time are **permanent changes**.
- Babies develop more defined sleep stages and cycles during this time, thus sleeping more like an adult
- Sleep stages are starting to form, sleep hormones are being produced, circadian rhythm is being established. (“Body clock” that controls our sleep and wakefulness)
- **3 month growth spurt** - might require extra feedings
- **Rolling** - baby is learning new skills! They likely will want to practice at night, even when they should be sleeping. Practice lots of rolling during the day. Once your baby is able to roll in both directions (belly to back and back to belly) there is not need to roll baby back.
- **Swaddling should be discontinued once a baby can roll.**

5-7 MONTHS

- **Sitting!** Babies love to practice sitting, especially when they are laid down to sleep. The desire to practice this skill will pass once it's mastered. Again, lots of practice during the day will help here.
- **6 month growth spurt** - Baby will likely need more calories, same with the 3 month growth spurt - make sure you are feeding your baby more during the day to make up for those extra calories.
- **Teething** - somewhere around this age, a new tooth might start to poke through. For some babies teething is itchy and annoying. For others, it's painful. Teething symptoms only last 3 to 4 days prior to eruption and 2 to 3 days after. It isn't something that lasts weeks or months. If pain is suspected, speak with your pediatrician before beginning or continuing sleep training.

7-9 MONTHS

- **Crawling!** Baby might practice crawling around the crib at this time and this is a normal part of development. There is no need to practice or intervene as long as baby is quiet and safe, even if it takes him/her a while to fall asleep. **Lots of practice during the day will help.** Once baby masters this or any skill, they will go back to a normal sleep schedule.
- 8/9 month sleep regression - Baby's brain is developing in terms of language acquisition. Teething is common during this time. A gentle, longer bedtime routine with quiet songs or lullabies could help here. Parents can also stay in the room a little longer during bedtime while baby calms down.
- **Object permanence starts to occur.** It means the baby knows something exists even when it's not in front of them. Baby might wake up and wonder why mom or dad aren't in the room with them. Some regression might occur because of this. You can give baby extra love during bedtime routine to help reduce the risk of missing you in the middle of the night.

9-10 MONTHS

- **Separation anxiety can start to peak.** It might be hard for baby to be separated from parents, and therefore it will be harder to fall asleep at bedtime or in the middle of the night if you're not there. You can stay in the room a little longer while baby falls asleep. It will help to give baby extra one on one loving time before bed with lots of cuddles and affection.
- **Standing** - Baby might want to practice their new skill. You might lay baby down and they will stand right back up. It is important to give baby some time to sit and lie back down before you intervene. If you immediately lay baby down as soon as they stand up, it will turn into a fun game for them. If baby can stand, but can't sit yet, wait a few minutes before laying baby back down. Again, lots of practice standing and sitting during the day will help them master this skill, and make sleep training easier.

11-12 MONTHS

- **Language development** - Babies are thinking of words they have learned and are practicing them in their heads when they should be falling asleep! If baby is talking happily this is perfectly fine, even if it takes them a while to fall asleep.
- **12 month regression** - Babies are going through a ton of physical development, learning to walk and even climb. Same as other development “regressions” make sure you are practicing a lot during the day. Stick with the plan, even if baby is refusing bedtime or nap time.
- Baby enjoys “testing” parents at this age. They are starting to realize that what they do has a direct effect on the parent’s reactions. They might start to refuse naps or bedtime just to see what mom/dad will do. This is behavioral and should be given in to. Stick with the plan and routine!

PLEASE REACH OUT
WITH ANY
QUESTIONS OR
CONCERNS!