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## IS NOW THE RIGHT TIME?

It can be hard to know when is the "right time" to make some changes regarding your child's sleep. Is it the best time for them? Is it the best time for you? Or maybe you're asking yourself "how much longer can we keep this up?"

Ultimately we know that there will always be a reason NOT to make a change {helloooo, change can be HARD}. But if we really want to see improvements in your child's sleep, then it might be time to look into taking that first step.

**GOOD NEWS:** You are here! First step: CHECK!

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# **"the choice has to be right for your whole family"**



There are two things I can pretty much guarantee you when it comes to teaching your baby to sleep through the night:

- 1} It's going to be a challenge &
- 2} It's going to be eminently worth it.

I've never worked with a family whose baby went right down on the first night and just magically slept through from then on. Some have slept through on night two, most of them start seeing results on night three or four, but I won't kid you, night one can be *difficult*.

I've also never worked with a family who didn't feel like they had made a tremendous decision once their baby had learned to sleep through the night. The benefits to the whole family are almost indescribable.

Like many big decisions though, there are times that are ideal and times that are less so. Today, I'd like to offer some tips for deciding whether or not it's the right time to take this challenging, but oh-so-rewarding journey.





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# THINGS TO CONSIDER:

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## **Are you going to be around?**

I do not recommend that parents begin sleep work within 2 weeks of travel. I DO recommend that you have 100% commitment to bedtime during our two weeks together. So if you know you have a trip or several late nights scheduled away from home, it might be better to hold off until you can be at your home base for a while.

2

## **Is it the right time for baby?**

The best chance for a quick and effective solution to your baby's sleep issues is to implement the changes when they're healthy and thriving. If baby's dealing with reflux or colic, you'll want to get that remedied before you start sleep work. There's going to be some fussing and protest in the first few nights, and we want to make sure it's only due to the change in their routine, not because of actual discomfort, and if they're healthy, it's much easier to pinpoint the reasons for their fussing. \*Please talk with your coach about teething concerns.

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## **Is your partner on board?**

If you're raising your baby with a partner, it's important that both of you are committed to the process. This can be a trying ordeal for the first couple of nights and if your partner thinks it's not a good idea, there's likely going to be a point where they manage to convince you to give in and resort to whatever "sleep prop" you usually use to get your baby to sleep. So before you get started, make sure you and your partner have both signed on and can rely on one another for support.

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## MORE THINGS TO CONSIDER:

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### **Can you handle a couple of nights with less sleep?**

I won't sugar-coat it. Changing up someone's sleep habits is almost never met with a lot of enthusiasm for the first night or two, so nobody's likely to get a lot of rest for the first 48 hours. If you have an important meeting or a major event coming up in the next few days that you need to be in peak condition for, you might want to wait until next weekend to get started.

5

### **Are their sleep accommodations ready?**

Exceptions can be made in certain situations, but I really do find that putting baby into their own room is the best way to help them learn to sleep independently, and there are a few 'decorating' guidelines to help baby get the hang of this thing as quickly as possible. Their room should be as dark as you can possibly get it. Put up some blackout blinds or, barring that, tape up some garbage bags over the windows. It's not pretty but 100% darkness will really help with daytime naps.

Get rid of any mobiles, crib aquariums, or light-emitting devices that claim to help baby sleep. (I can assure you, they don't.) An ideal nursery is flat-out boring. Baby should recognize it as a place to do nothing but sleep, so keep their toys and stuffies in another room.



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## EVEN MORE THINGS TO CONSIDER:

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### **Is it flu shot or immunization time?**

If your child is scheduled for their immunizations or flu shot in the near future (or any other medical procedure for that matter), I would advise waiting a few days after seeing the doctor to begin sleep work to ensure that baby is feeling their best. Shots can be notorious for throwing off sleep or encouraging more sleep than might be helpful here. Not to mention, scheduling a doctor's appointment will inevitably land at nap time. It always does.

7

### **Is anyone heading back to work ?**

I know it can be tempting to try to get baby's sleep in order before heading back to work on Monday, but let's be real: are you willing to head into your first day back to work after a potentially rough weekend? Or do you want to spend that quality time with your little before you have to part ways during the work day? We also do not want to overload *your* plate before heading back to work. If you still have a couple of weeks, then YES, now is the time. If you're starting work ASAP, then just do what you need to get by and until you are settled. Then we will get things sorted.

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# WHEN TO SAY NOW:

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## Are you seeing signs of sleep deprivation?

Are you starting to feel depressed, moody, forgetful, unmotivated, clumsy, or unfocused? Is your sex drive starting to wane? Have you noticed an increased appetite and carbohydrate cravings? These are all symptoms of sleep deprivation and they're no laughing matter. Society tends to make light of the whole, "exhausted new parent" persona, but the more we learn about the health effects of sleep deprivation, the less of a joke it becomes. If you're sleep-deprived or feel like you're on the verge, NOW is the time to take some action.

2

## Don't wait for the *perfect* moment.

Like I said earlier, now might not be the ideal time to take the initiative to help your baby sleep through the night. Getting started and having to stop because of some bad planning is likely going to cause some confusion and minimize your chances for success. But remember, there's always going to be something that isn't exactly ideal. Teething, crawling, rolling over, and other developmental milestones, shouldn't impede baby's ability to sleep through the night, and they're not going to stop popping up until your little one's about ready to graduate from high school.



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# IS WHAT YOU ARE CURRENTLY DOING WORKING FOR...?

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I know it can be hard to think about changing something that you LOVE or that your baby LOVES. But take a second and step back to look at the big picture. Is what you are currently doing working for you? Your child? Your partner? If one or the other of you is not getting good, healthy and restorative sleep during the night, it might be time to consider other strategies.


## **REMEMBER:**

We can always incorporate those special moments that you love about your current sleeping patterns into other places in your day. Where you may have bonded during snuggles before bed, now we can snuggle during book time!

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# GET STARTED NOW:

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So now that you know all that, if you feel like the time is right and you're ready to get started, let's get going! Get in touch and we can start putting together a plan for your baby right away. I know it's a big decision, (it certainly was for me when I first made it with my little one) but the outcome is almost indescribably wonderful for the whole family. I'm ready when you are.

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BOOK IN YOUR DISCOVERY CALL

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