

SAMPLE

ESSENTIAL KEYS TO YOUR NEWBORN'S SLEEP

*Help Your Newborn Sleep Better Now
and Throughout the First Year*

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The
BABY SLEEP SITE®

Essential Keys to Your Newborn's Sleep— *E-Book Excerpt*

Help Your Newborn sleep Better Now and Throughout the First Year

by Nicole Johnson

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INTRODUCTION

As the mom or dad of a newborn, you've likely already discovered that being a parent is a truly unique experience. Nothing else is as exciting and confusing and exhausting and inspiring as being the mom or dad of a precious child! Understandably, nothing can truly prepare someone for becoming a parent.

One of the things that many parents of newborns feel quite unprepared for is sleep (or, rather, the lack of sleep!). Yes, people may have warned you that having a newborn at home is exhausting, but hearing about it is very different than experiencing it first-hand!

As you've no doubt seen for yourself (or will see, if you have a little one on the way), your newborn's sleeping habits and patterns are very, very different from yours. And that may make it hard for you to understand them. You may be asking yourself questions like,

- “How much sleep does my baby actually need? Is she getting enough?”
- “Why is my baby sleeping so much during the day, and so little at night?”
- “When should my baby be sleeping, and when should he be eating?”
- “Why do my baby's sleeping patterns seem to change from day to day?”
- “My baby seems so tired; why won't she stop crying and fall asleep?”
- “Why does my baby fall asleep in my arms, or in his swing, but not in his crib?”

Not to worry; by the time you've finished reading this e-book, you'll be able to answer all of these questions (and more!), and you'll have a much better understanding of why your newborn sleeps the way he does, and what you can do to help him sleep well.

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This book is based on one very simple, straightforward principle, a principle that makes newborn sleep much easier to understand: **everything about a newborn is connected**. How well your baby sleeps depends on a number of other factors, including her feeding patterns, her daily routines, and your ability to respond to her subtle signals about her needs. You'll learn how to "set the stage" for sleep. Setting the stage for sleep is the best way to guide your newborn into healthy sleep habits because you'll learn how to live in harmony with her by meeting and anticipating her needs through listening to her cues, providing an environment that enhances her growth, guiding her through difficult situations, and forming strong bonds through intimate moments spent together.

In this book, Nicole Johnson, the Founder of The Baby Sleep Site®, and Miriam Chickering, an RN, and a Sleep and Board Certified Lactation Consultant, will share what they've learned through personal and professional experience. They will talk about your baby's basic needs, and how they relate to his sleep. You will learn how to lay the foundation for healthy sleep habits, and how to create routines that will promote better, more predictable sleep for your baby. You will learn what his body language and cues mean, as well as how to meet (and even anticipate) his needs. Before you know it, you'll be an expert on your baby, and you'll achieve better sleep for your entire family!

Let's get started!

Below, you'll find an excerpt from Chapter 3 of the e-Book, on Schedules & Sleep. We've also included two hypothetical sample schedules - one for breastfed babies, and one for formula-fed babies.

ESTABLISHING FIXED POINTS

A Fixed Point is a tool to help you add some predictability to your days. Fixed Points can be very helpful to your baby as well! We encourage moms to consider having a few Fixed Points in their "normal" day. We know that it can feel like no two days are alike and that "normal" days can seem all too elusive, but maybe they'll become a little more of a regular occurrence, if you use a few Fixed Points. Keep in mind that Fixed Points are a tool for you! Don't feel like you HAVE to use them, or that you've failed if you don't meet them; they are simply a tool to help you order your day, if that is important to you.

FIXED POINT ONE: ESTABLISHING A CONSISTENT MORNING WAKE-UP TIME

A great way to help your newborn work towards a consistent schedule is to wake your newborn at roughly the same time each morning (within 30 minutes or so). If your baby wakes at a consistent time each morning, it'll be easier to keep her daytime feedings and sleep consistent and fairly predictable. If your baby wakes at different times each morning, however, it can be hard to develop a schedule.

It's best if you track your baby's morning wake time for a week or so, to see if there's a pattern. If you notice that your baby generally wakes at a specific time, encourage that pattern by making sure that you wake your baby within 30 minutes of that time each morning. However, use your judgment when using this technique; if your baby has a rough night, it may be best to let him sleep a bit longer.

FIXED POINT TWO: ESTABLISHING AN APPROPRIATE BEDTIME

Having a consistent morning wake-up time is key to establishing a predictable schedule for your baby; so is having a consistent bedtime. However, should you make your newborn's bedtime later in the evening, in an attempt to help her "sleep in?" Or is an earlier bedtime better?

In the first 6 weeks of your baby's life, you'll probably find that the concept of bedtime doesn't really apply to your baby's days and nights. After all, at this stage, your baby is eating every few hours, around the clock, so there's nothing really distinct about daytime vs. nighttime. During this stage, you may try to time up your baby's bedtime with your own - maybe by feeding baby right before you're ready to go to sleep yourself. This works well in the newborn stage, and helps you maximize your own nighttime sleep. In fact, some moms find it helpful to become a bit of a night owl. Some newborns are prone to nursing the most between 9 pm and 12 am. If you tend to enjoy sleeping in, the newborn stage is the time to indulge!

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However, after the newborn stage is over, you'll want to start working towards establishing a separate bedtime for your baby. By 3 or 4 months, your baby will likely be feeding 2-3 times per night (or perhaps just once), and enjoying an 11-12 hour night, while feeding more often and sleeping less during the day. This means you'll be able to better distinguish and separate your baby's days and nights.

What's more, once you've reached the 3-4 month mark and are ready to work towards a separate bedtime for baby, you'll want to make sure that bedtime is fairly early. It might seem like a later bedtime would be a better idea; after all, won't a baby who's gone to sleep later in the evening wake up later in the morning?

The answer is almost always no; baby sleep doesn't work that way. In reality, an early bedtime is crucial to a good night's sleep once you leave the newborn stage. When babies and young children are overtired, they may have more difficulty falling asleep and staying asleep and will often wake too early in the morning. While many parents think that keeping a child up later at night is best, it's actually the early bedtime that will lead to a more restful sleep and a later waking in the morning once you leave the newborn stage. You'll know it's time to transition to an earlier bedtime when your baby's last catnap extends to an hour or more. That's the first clue that he is ready for a longer night. You may be able to move that catnap 15-30 minutes later in the evening and it will merge with bedtime. At 3-4 months we expect bedtime to occur between 6:30 and 8:00 pm.

Developing a schedule for a newborn is as easy as identifying a consistent bedtime (whether that is 11:00 pm in the early days or 7:00 pm by 16 weeks), a consistent morning wake-up time, and a consistent first nap and first afternoon nap. All other nap times and night waking times may vary according to your baby's changing needs, but having 3 or 4 points of certainty in your day can make a big difference for parent and baby! These "fixed points" aren't necessarily rigid, by the clock times, but having them in mind and trying to follow them on most days can be very helpful to some parents and babies.

We wanted to provide you with some hypothetical days, so you will have an idea of what your day may look like with a newborn. You'll see the word "wake" on the schedule. This indicates the time the baby woke from sleep, not a time the parent woke him. Also, the "Description" indicates how long

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you can expect the baby to be awake in each time slot, but keep in mind, newborns will sometimes surprise you with a short cat nap long before they are “due” for their next nap or they may sleep longer than you expect and that’s okay as well. At this age we want to establish a few fixed points, but every day will likely be slightly different the first few months.

[View sample schedules on the following pages.](#)

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SAMPLE DAILY ROUTINES

2-8 weeks: Breastfeeding Mom with average storage capacity and milk supply, baby without reflux.

Time	Description	Notes
9:00 am	Wake and Feed	
10:00 am	Nap	~30-60 minutes
11:00 am	Wake and Feed	
12:30 pm	Nap (1 ½ hours awake)	~30-60 minutes
1:30pm	Wake and Feed	
3:30 pm	Nap (1 ½ to 2 hours awake)	~30 - 60 minutes
4:30 pm	Wake and Feed	
6:00 pm	Nap (1 ½ to 2 hours awake)	~30 - 60 minutes
6:30 pm	Wake and Feed	
7:30 pm	Catnap (1 ½ to 2 hours awake)	~30 – 60 minutes
8:00 pm	Wake and Feed	
9:30 pm	Catnap (1 to 2 hours awake)	~ 20-30 minutes
10:00 pm	Wake and Feed	
11:30pm	Feed and Bedtime	
3:30 am	Feed and sleep	
6:30 am	Feed and sleep	

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2-8 weeks with a formula fed baby:

Time	Description	Notes
9:00 am	Wake and Feed* (fixed point)	
10:00 am	Nap (1 hour awake)	~60-90 minutes
11:30 am	Wake	
12:30 pm	Feed* and Nap (1 hour awake)	~30 - 60 minutes
1:30 pm	Wake	
3:00 pm	Feed and Nap (1 to 1 ½ hours awake)	~60 - 90 minutes
4:30 pm	Wake and Feed*	
6:00 pm	Nap (1 ½ to 2 hours awake)	~ 30-60 minutes
6:30 pm	Wake	
7:30 pm	Feed and Nap (1 to 2 hours awake)	~30-60 minutes
8:30 pm	Wake	
9:30 pm	Nap	~30-60 minutes
10:00 pm	Wake and Feed	
11:30 pm	Feed* and Bedtime	
4:30 am	Feed and Sleep	
7:30 am	Feed and Sleep	

CONCLUSION

By now, you might be feeling like a bit of an expert in newborn sleep. And you should! After reading this book, you likely have a much better understanding of the 4 keys to your newborn's sleep:

Your newborn's **feeding** is closely connected with his sleep. In fact, his feeding needs will drive his sleep patterns.

Your newborn's methods of **communicating** (vocalizations, reflexive cues, and body language) reveal a lot about his feeding and sleep needs. Once you learn to "decode" his language, it'll help you better meet and even anticipate his needs.

Your newborn can benefit from a simple **schedule** in the first few months after birth, since it will help her sort out her days and nights.

Flexible, predictable **routines** associated with feeding and sleep can go a long way towards soothing fussy and intense newborns and can help promote longer, better sleep.

The road to a good night's sleep won't always be easy and smooth; there are bound to be some bumps along the way! But knowing and understanding the 4 keys to newborn sleep will help you and your baby achieve healthy sleep habits that will last a lifetime. We hope these keys will help you on your journey, and most of all that you'll make incredible memories and have special times with your newborn!

ABOUT THE BABY SLEEP SITE®

The Baby Sleep Site® (<http://www.babysleepsite.com>) specializes in baby sleep products and consulting services. The company was founded by Nicole Johnson, sleep coach, wife, and the mother of two boys. With a B.A. degree from UC Berkeley and an MBA from Ohio State University, Nicole also received an honorary degree in “Surviving Sleep Deprivation,” thanks to her son’s “no sleep” curriculum. She became an expert on infant and toddler sleep and made it her mission to help other parents solve their child’s sleep problems, too. All sleep consultants are carefully chosen by Nicole, with their diverse backgrounds in mind. They go through extensive training to learn the strategies and philosophies of The Baby Sleep Site® in order to provide you with a knowledgeable, thoughtful, supportive, and consistent experience no matter where you are in your journey to better sleep.

Almost 500,000 parents visit The Baby Sleep Site® each month to find solutions for their children’s sleep problems, including personalized, one-on-one sleep consultations, comprehensive e-books on sleeping through the night, schedules and taking better naps, free articles and blogs on timely topics, and strong community.

Whether a family is struggling with a baby who won’t fall asleep at night or a toddler who just doesn’t want to nap, The Baby Sleep Site® tailors every approach with individuality in mind. We never offer one-size-fits-all advice or pass judgment on individual parenting philosophies.

If you have any questions or comments on this guide, please e-mail contact@babysleepsite.com.

ABOUT THE AUTHORS

NICOLE JOHNSON



My name is Nicole Johnson and I am a married mother of two wonderful boys, as well as the Senior Baby Sleep Consultant and owner of The Baby Sleep Site®.

When my eldest son was a baby, he had a lot of sleep problems. Sleep like a baby? Yeah, right! You had better hope you never sleep like my baby did. He would wake up every one or two hours, ALL NIGHT LONG. I had to do so much to get him through the night.

By thoroughly researching the key literature and scientific reports, I became an expert in sleep methods, scheduling routines, baby and toddlers's development needs and more. I overcame my son's sleeping issues in a way that matched my own parenting style, and knew it was my mission to help other tired parents "find their child's sleep."

I started by leading an Internet-based message board and helped countless parents just like you overcome their own sleeping challenges much quicker and faster than I had. I then created this website in 2008 and expanded my offerings to include e-books, articles, a blog, and customized sleep consulting. The feedback around the world has been incredible!

I would love to help you with your challenge. Know that I never offer one-size-fits-all advice or pass judgment on your parenting philosophies. I incorporate who you are and what your child is undergoing to create a unique service. And I will give you the support you need to see your challenge through to the end.

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MIRIAM CHICKERING



Miriam Chickering is the mother to five children, a writer, editor, and consultant. She is a Registered Nurse with a Bachelors of Science in Nursing and a Board Certified Lactation Consultant (IBCLC.) Her other work includes the [*The Gentle Art of Mothering*](#), a faith-based book about newborn care. As an educator, Miriam loves teaching nursing students in the clinical setting and working with new families during prenatal classes, home visits, and hospital stays. As a sleep consultant with The Baby Sleep Site® Miriam enjoys helping all mothers achieve healthy sleep for themselves and their babies, and specializes in balancing sleep needs with a good breastfeeding relationship.

ADDITIONAL SUPPORT

Not all babies respond as quickly as others, so as part of The Baby Sleep Site® community, I invite you to take advantage of:

- For those persistent nighttime struggles, *The 3-Step System to Help Your Baby Sleep*, is a comprehensive e-Book that allows you to bypass the lengthy books currently on the market and start getting your child to sleep today. (<http://www.babysleepswell.com>)
- *Mastering Naps and Schedules*, a comprehensive guide to napping routines, nap transitions, and all the other important “how-tos” of good baby sleep. With over 40 sample sleep schedules and planning worksheets, *MasteringNaps and Schedules* is a hands-on tool ideal for any parenting style. (<http://www.babynapswell.com>)
- With *The 5-Step System to Better Toddler Sleep*, get back in control with this comprehensive toddler sleep guide. This toolkit of strategies, sample schedules, and sleep logs will put your toddler on the right sleep track. <http://www.toddlersleepswell.com/>
- For personalized advice and support for your unique situation, at an affordable price, consider our sleep consulting services (<http://www.babysleepsite.com/services>). Read parent stories (<http://www.babysleepsite.com/testimonials>) and our FAQ (<http://www.babysleepsite.com/sleep-helpdesk-faq/>).
- Join our *Members Area* packed with premium content and resources: e-Books, assessments, detailed case studies, peer support, and more. **Costs less to join than buying products separately!** (<http://www.babysleepsite.com/become-a-member>)
- Our regularly updated blog, which contains *free* articles on topics related to infants, toddlers, and sleep. (<http://babysleepsite.com/blog>)
- Visit us on Facebook where parents come together to support one another and answer questions. (<http://facebook.com/babysleepsite>)
- Our product recommendations to help your child sleep (<http://babysleepsite.com/resources>)

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Thank you for your interest in the Baby Sleep Site's newest resource, *Essential Keys to Your Newborn's Sleep*. This pamphlet is designed to give you a small taste of the kind of information contained in the new E-Book.

My team and I have put months of work into creating this E-Book – and it shows. With over 90 pages of practical advice, hands-on tips, and real-life accounts of the authors' own parenting experiences, *Essential Keys to Your Newborn's Sleep* really is **THE** resource that parents need to navigate the newborn stage. Whether you are a pregnant parent-to-be, a first-time parent, or an experienced parent, *Essential Keys to Your Newborn's Sleep* has the information you need to build healthy sleep habits with your newborn, right from the beginning.

To purchase a copy of *Essential Keys to Your Newborn's Sleep*, please visit <http://www.babysleepsite.com/essential-keys-to-your-newborns-sleep/>.