



Newborn Sleep Guide

Birth to Four Months



**Top 5 Sleep Tips for
understanding sleep in the
first four months**

Healthy Sleep Habits for your Newborn

TOP 5 RECOMMENDATIONS FOR A SOLID AND HEALTHY SLEEP FOUNDATION

Welcome!



Congratulations on the addition to your new bundle of joy! This guide will give you information to give you perspective of the science of sleep and expectations for the newborn stage to help you set the foundation of healthy sleep habits.

You are not alone... I see you....I have been you....

You are sleep deprived and you are wondering what you should be expecting at this age for sleep.

To begin, the first 8 weeks at home with your new bundle is all about getting sleep how you can. You are in recovery mode and your baby and you are getting to know each other.

What does a solid and healthy sleep foundation include?

Start using one or all of these activities to create the proper sleep foundation for your newborn and go from being exhausted and frustrated to hopeful and confident from the beginning.



#1 Consistent Sleep Space

A safe, conducive and consistent sleep environment can really set the stage for better sleep. Have your baby sleep in a consistent safe space, such as a bassinet, crib or playpen for as much sleep as you can. Making this space as dark, cool (19-21 degrees) and quiet can help with falling and staying asleep. The Canadian Paediatric Society recommends room-sharing (not bed-sharing) for the first 6 months to reduce the risk of SIDS.

When baby is awake, keep the room bright and when baby is sleeping keep the room dark.

TIP: Use white noise to help drown out inconsistent background noise during baby's sleep.



#2 Consistent Soothing Routine

Did you know that babies as young as six weeks old have a memory of a day? This is a great time to start a predictable soothing routine for every sleep. A simple and short soothing routine cues your baby that sleep is coming next by winding down and cueing the brain and body. These routines will help with relaxation and transition to sleep, making sleep more predictable. Soothing routines can include: rocking, cuddling, singing and massage. They will remember these activities and the loving connections with the soothing routine.

TIP: Nurturing touch or massage can be beneficial for calming the body to prepare for sleep. Strokes on the legs and arms away from the heart are soothing/relaxing and can promote longer sleep.



#3 Adjusting Bedtime

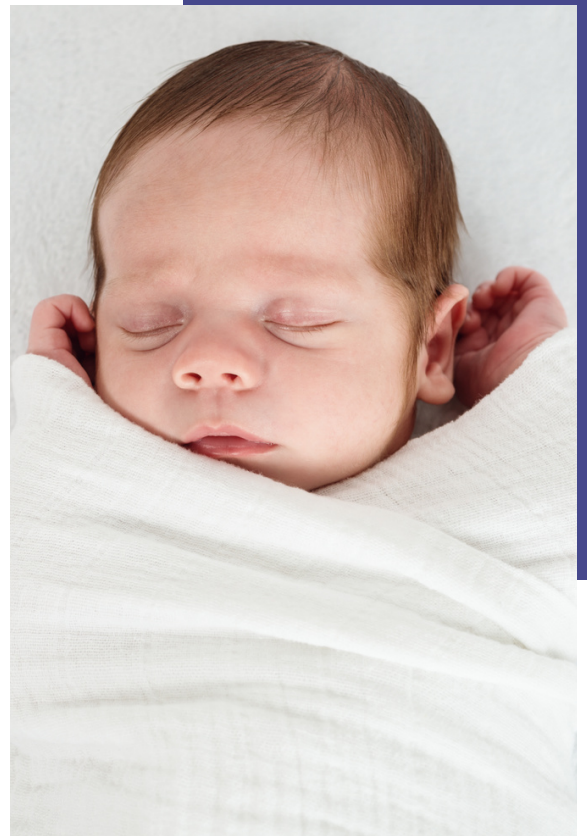
Your baby's circadian rhythms are developing in the fourth trimester. Days and nights can be mixed up at the beginning but should be matured by 4 months. By this age, bedtime should start to shift earlier - between 6 to 8pm. Melatonin is starting to be released at more predictable times.

TIP: It is important to adjust their sleep times depending on the quality and the amount of naps and activity level.

#4 Sleepy Cues

Babies show cues that they are becoming drowsy and are ready to sleep. All babies are different in the cues they show you, but some early sleep cues are: zoning out, decreased activity level. Mid-cues are shown with things like: eye rubs, yawning, head turning side to side and late cues are fussing and crying. When early cues start, it is time to start a sleep routine and put them down. Waiting too long will cause overtiredness and they will have a harder time with soothing and transitioning to sleep.

TIP: Place your baby in a safe sleep space when they are awake/drowsy. You can continue to provide comfort in the form of rubbing their forehead or tummy and/or sing until they show signs of getting sleepy. If your baby cries, go back and provide comfort/touch and say goodnight again.





#5 Sleep expectations

Babies sleep between 16-18 hours during this period with periods of waking and sleeping throughout. The majority will be at night, but it could be as much as 5-8 hours during the day. Most of their sleep will be in light sleep. Newborns are ready to fall back asleep after an hour of wakefulness. This time lengthens as they get older.

There is a strong connection to increased crying, fussiness and waking for feeding. Cue based care with appropriate responses during these early months will help your baby to develop the ability to self-soothe and encourage parent-infant co-regulation for feeding and sleeping. It is typical for your baby to wake every 2-3 hours with longer stretches by 4 months. It is typical for naps to be less than an hour at this age.

TIP: It is important to consider other things that might be happening in your baby's world that would affect their sleep routine, such as sickness, houseguests, family dynamics, family conflict and parental health and mental health .



How I can help you get the healthy sleep you deserve

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Are you ready to get your child sleeping better?

Hi I'm Joelle Hill



I am a sleep consultant, owner and founder of Hill Family Solutions. I have worked in the field of infant and child development since 2007. I work with families who are expecting, have little ones and big ones and adults to all to sleep better. I help all people understand the science of sleep to improve sleep and quality of life.

I provide a specific action plan for you and your family so you can make changes based on your values and comfortability, temperament, personality, and development using a responsive style to help you and your child have an easier time with sleep. I work with you, so you feel confident with the plan.

Contact me today if you are ready to get you or your child sleeping better with confidence that your family can get started on having a better night's rest.

Ask me out my newborn sleep guide package designed for parents who are expecting or with a newborn up to four months for support if you are ready to sleep better with confidence while supporting your child's self-soothing development while being responsive.

Ready to get started?

Contact me

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