

Teaching your baby to sleep through the night

Developed at the University of Illinois: they swear it always works!

LEVEL 1: getting on the right track

When you come home from the hospital with your baby:

1. try not to hold rock or nurse or baby to sleep. When sleepy lay them in crib.

2. Concentrate your baby's waking times in the daytime hours. Do not entertain your baby at night. When you go into your baby's room do not turn on the light (a hall light or nightlight should work fine).

3. Start a focal feeding time around day three of your baby's life. You should wake your baby for this feeding between 10 PM and midnight.

4. At night be sure to wait to pick up your baby when he/ she is really complaining (not merely a non-distressful whimper).



LEVEL 2: When your baby is:

- A. Three weeks old
- B. Steadily gaining weight
- C. Having no health problems

USE THE FOLLOWING STRATEGIES:

1. If baby wakes up in the middle of the night between midnight and 5 AM wait a few minutes until he she is really complaining
2. Check to see if baby is physically OK. Change your baby, wrap baby up, and try to settle baby back to sleep. Do not pick baby up at this time. Go back to bed

MAYBE BABY IS NOW SLEEPING, SO YOU CAN TOO! BUT IF NOT OR WAKES UP AGAIN:

STRETCHING TIME!

- A. Change baby, if necessary, wrap your baby.
- B. Take a walk with your baby, or you might want to sit on a chair.
- C. Hold your baby but not in a feeding position.
- D. Despite this taking 10 to 45 minutes you congratulate yourself for successful stretching.
- E. You are beginning to extinguish the stimulus response pattern: wake up expect to eat.
- F. When your baby complains this time it's time to feed him /her.



REWARD YOURSELF

If you are lucky to have your baby waking up only once between midnight and 5 AM before he/she is four weeks old, give yourself a present (e.g. a night out for you and your spouse alone).

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