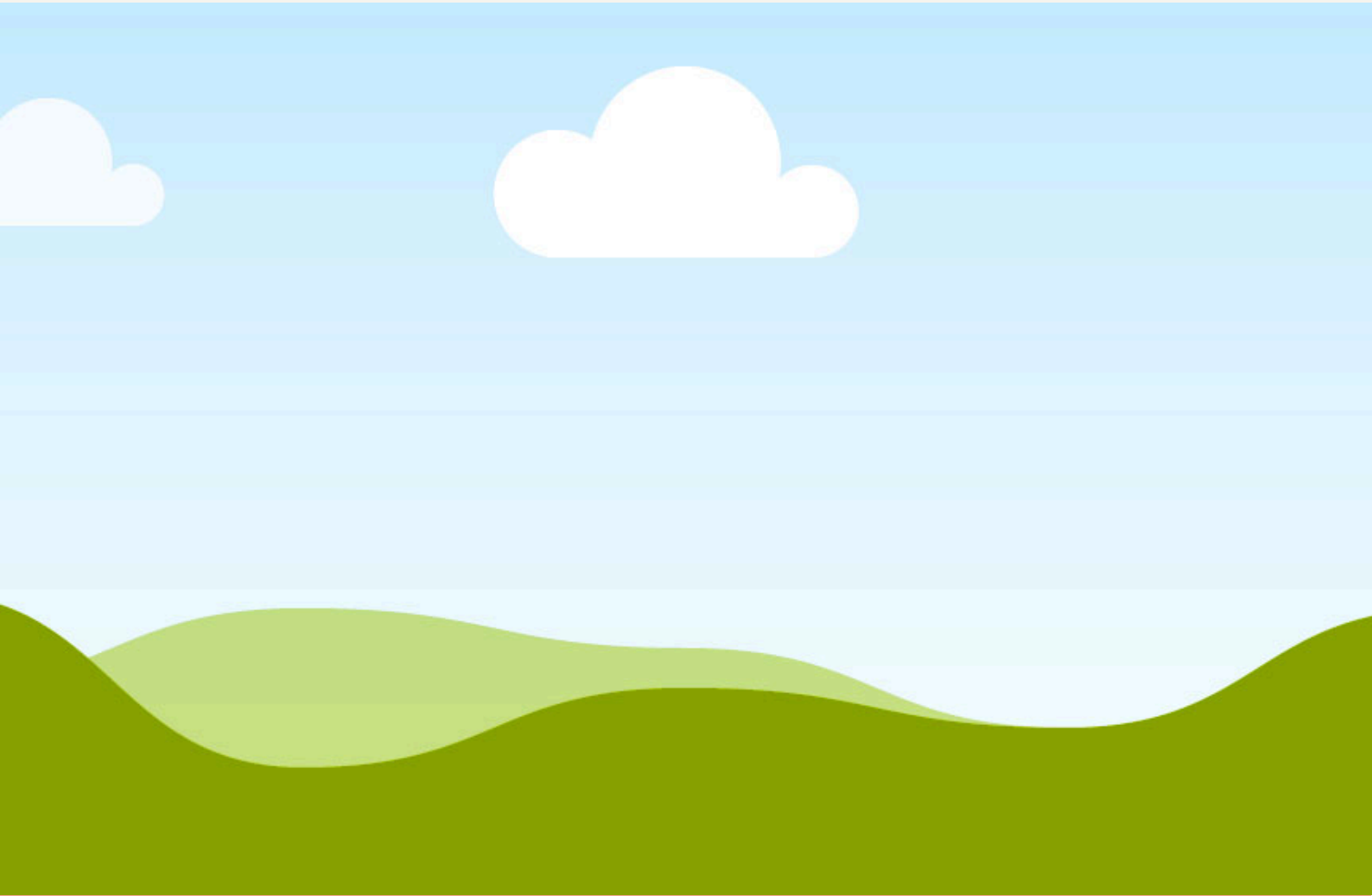


Blossoming Slumber



HELP!!!!
We're regressing!



What to do when there's a regression

Did you find yourself in bliss of great nights and naps, but then all of a sudden, you feel like you regressed? We reassure you that you aren't back to zero or that your efforts were temporary. There are many reasons why a regression can occur, and we have created this guide to help you on your sleep journey to get back on track. Use this list to help you determine if there is something that might need to be adjusted.

Here are some important things to factor in as you are troubleshooting:

- Avoid making changes too quickly or too abruptly. Start with one change and stick to this for at least 3-5 days before determining that is not the issue.
- While it can be difficult, it's best not to revert to the old routine or any association to sleep props you have tried to remove from your routine.
- Give yourself grace and patience! Everything is a phase, and you will find the root and get back on track.





Troubleshooting Checklist

Check your waketimes and your schedule

Sometimes, sleep pressure and sleep needs can change very quickly during the process. Take a look at your current sleep log and see if any of these might apply or may need some adjustment.

- Has your child perhaps moved from one age group to another, meaning they are ready for longer wake times? Or, have waketimes been too long, causing multiple false starts and wake-ups at night? Utilize our wake time chart to do a quick check and make that change.
- Is your child getting too much sleep in the day?
- Is your child taking naps that are longer than 2 hours? Even though they are under the total threshold, having a longer than a 2-hour nap can send them into a few sleep cycles that could take away from night sleep.
- Has your routine changed? Make sure you have gone back to your ideal routine (making sure that all feedings stay away from the bedtime)
- Over the last 2-3 days, have you seen any variance in their schedule? Have naps varied more than 15 minutes, or has wake time varied?
 - Make sure the baby is awake at the same time every day. If they are already awake, make sure you still keep the first nap of the day at the same time.
 - Are you capping the last nap of the day appropriately that allows for appropriate sleep pressure to build for nighttime sleep?
- And the last...have you found yourself ready to drop a nap? This happens developmentally and usually around 3-4 months, 7-9 months, and 12-15 months.

Sleep pressure and accidental snoozes

Also related to sleep pressure can be some little snoozes that happen here and there throughout the day. Since our children go into a deep sleep immediately, a small snooze during feedings before nap time or even in the car seat can cause for enough disruption at night. Making sure your child is aware during wake times is important to building sleep pressure.

- Has your child been snoozing, even for a small minute during feeds?
- Were there any unexpected car seat naps or stroller naps?

Loose or linger sleep associations

Yes! It's a thing! Even if you feel like your child is falling asleep from awake at the onset of bedtime, sometimes multiple wake-ups can occur if we find that there is a lingering association. This could mean that the child is still depending on some type of sleep prop that is happening right before bedtime, causing them to 'look for those things.'

- Is your child truly going down completely awake at the onset of bedtime, and not at all 'drowsy'? It's important our children are completely aware and in control of their surroundings when they go to bed.
- Is there a feeding or a rocking that is happening too close to 'sleepy time' that causes them to be drowsy? If this is the case, try to move this to the beginning of the bedtime routine and keep it away from laying them down.

Approach consistency

You have just invested in creating this amazing routine for your child. They know it, they understand it, but has there been any chance our response to them in the middle of the night causes them to also be inconsistent? Sometimes this can mean we don't intervene at all at the onset of bedtime but find we are intervening too much at the waking, causing them to be dependent on a new sleep prop to help them connect sleep cycles. Remember, all these skills are separate; independent sleep at the onset of bedtime, connecting night sleep cycles, independent sleep at the onset of naps, connecting nap cycles.

- When you hear the middle of the night waking, are you pausing at least 5-10 minutes?
- When you do intervene, is your child falling asleep on you or while you have your hand on them? This can actually cause them to look for that pressure at the next sleep cycle which would create a new sleep prop.

So, what can you do?

If you feel like you've regressed so much that you are getting multiple wakings and have gone back to rocking or nursing back to sleep at night, we encourage you to apply your method, and restart slowly finding yourself out of the door until they resolve.

Feedings

At this time, you might have already made sure that we have the right feedings in place, but if you have seen that there is not much of a change, take a look at feedings.

- Has the diet changed or have we introduced anything new?
- Is your child still getting ample feedings for the day?

New Skills

If you feel everything above seems to be on point, then the last thing you might be going through is a sleep regression! Don't fret, however, most sleep regressions with independent sleepers do not last long and are usually driven by a new skill. Some major skills that they can be learning include: Sitting up on their own, rolling, crawling, dexterity, babbling or talking, standing, and walking! If you noticed those things are happening, the best thing to do is stay consistent and ride it out. Many times, these regressions, as soon as your child masters the skill will go right back to a routine!

- Is your child learning something new?
- Are they spending ample time practicing these skills during wake times?

What about teething?

Another new development is related to teething. While teething can be a disruption, it usually only lasts about 48 hours. If you see a tooth erupting and you've swiped the gums to find a new tooth, talk to your pediatrician about ways to help with the discomfort and do your best to stay consistent and encourage those independent sleep skills even during this time!



We're here to help



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