



THE NEWBORN
GUIDE

To establish a healthy sleep foundation, you need to focus on the following **5 areas**.

Nutrition

Is the most important aspect since we can't apply any sleep programs without the necessary nutrition been given. By nutrition we refer to breastfeeding or bottle feeding/formula feeding. Nutritional feeding schedules are always based on child's age and the number of naps they need. However, we like to push towards 4 ounces/120ml every 3-4 hours. Newborn breastfeeding babies feed on demand during the first 6-8 weeks or if asleep during day naps every 3 hours. Nutrition also includes cluster feeding, dream feeding and solids.

Sleep Environment

The perfect sleep environment is also crucial for healthy sleep. We like to have a cool environment ideally between 68-72F (20-23C) degrees and a fully dark room for bed time. Dark environment for naps can be introduced after 3 months of life. Babies love dark environments therefore; blackout shades can come handy for this. Having a white noise machine on throughout the night is very beneficial for healthy sleep. Babies are used to the loud 'shs' sound inside the womb and having the same sound outside of it is very calming and relaxing for them. Keep the sound at a normal not very loud volume and near the crib. Lastly, having an empty crib without anything inside and a lower mattress for babies over 6 months old, it is essential for healthy sleep. Also, important to remember is to create a SAFE sleep environment. Always have the baby sleep on their back on a firm sleep surface. No loose bedding, pumpers, pillows, stuffed animals or any other loose items in the crib. A baby can share the parents' room but never the parents' bed. Keep the room in a temperature that is comfortable for an adult and dress your baby with just one extra layer than you.

Bedtime Routine

The bedtime routine should begin about 45-60 minutes before the set bedtime occurs with a nice lukewarm bath. This helps the baby calm down and also the body to relaxed. Following the bath give you baby a gentle baby massage with baby lotions or oil and get you baby dressed for bed. Once the baby is ready for bed start the feeding process whether this is breastfeeding or bottle feeding. All of the above should take place in the baby's sleep environment. It is important for the baby to remain awake during all the above. Once the feeding is over and the baby has been given a good burb, you can gently rock (sing a round of 'Twinkle Twinkle little star') and kiss your baby goodnight. Then, the white noise machine turns on, you turn off the lights and place the baby down drowsy but AWAKE in their crib on their back.

Morning Wake-Up

The morning wake-up is as just as important as the bedtime routine. It sets the start of the day and helps create and maintain a day schedule with regards to feedings and naps. This is way morning wake-up should be always on the same time (between 6am and 7am). Once the baby is up open the blinds up in the bedroom and let some natural light in. Change the diaper and dress the baby for the day (get the baby out of their pjs), and immediately start to feed.

Emotional Needs Met

This is as much of importance as all the above areas. When emotional needs are met a baby learns that they can trust people and develop the ability to receive and create pleasure in themselves and others. When adults interact with babies, they experience the world through their senses and learn to build feelings of trust and emotional security. In addition, holistic science supports that adults should spend time with their children in the child's room not just before bedtime but during the day as well to play, laugh, sing, dance. Adults should be intentional with their children and show their physical emotional to them. by doing this throughout the day the child's emotionally security, confidence and love will be filled. Also, the child will start linking the bedroom into a happy and enjoyable place, and not a place of emotional distress they might be feeling during bedtime.