

Appendix 2: Topics covered at the one-to-one 3 week visit and included in booklet for Sleep and Combination groups

Introduction

Benefits of sleep

Information applies to healthy, alert babies who are feeding and growing well

What we know about a baby's sleep:

Babies learn their sleep routines

Parents can teach their babies to be good sleepers

Babies need to be given a chance to settle by themselves

Some babies learn to sleep easily. Other babies need more help from their parents.

Normal sleep: What happens in the first year?

How long should my baby sleep for?

Feeding-sleeping-waking patterns divided into four sections: 1st month, 2nd and 3rd month, 4th month, 6th month

What happens when baby is sleeping?

Baby's active and quiet sleep cycles and associated behaviours

Arousals between sleep cycles – brief or full waking

General sleep and safety

Basic safety tips for baby's sleeping place

Always place your baby on their back to sleep

Mattresses must be clean, firm and fit tightly into the frame of the cot

Do not use hot water bottles, electric blankets, pillows, big duvets or lots of stuffed toys (there are risks of smothering and overheating)

Where is baby going to sleep?

Own cot/bassinet in parent(s) room is safest for first 3 months or longer

Co-sleeping (sleeping with baby in the same bed)

Risks of co-sleeping for Sudden Unexplained Death in Infancy (SUDI) within the NZ context outlined

Parental choice: If parent(s) chose to share their bed with their baby, **make sure:**

Bed is in the middle of the room (not against a wall)

Mattress fits tight in the bed frame

DO NOT co-sleep if you or your partner:

Smoke

Drink alcohol

Use non-prescription drugs

Take any sedating drugs

Are excessively tired

Are a large person or overweight

or have a Duvet, other loose bedding or water bed

Babys' tired signs

Important to learn baby's tired signs

Signs of tiredness outlined
Act of tired signs to prevent overtiredness
Diagram showing cycle of feeding and sleeping well (content baby)
Diagram showing cycle of snack feeds and car naps (baby less content)

Crying: what babies do

Normal crying patterns during a baby's development
Normal crying patterns over the day
Why some babies cry a lot

Helping baby learn to develop a healthy sleep pattern

Establish a regular routine
 Times may vary; predictable patterns within each feed/awake/sleep cycle
 Setting own 'sleep clock'
 Day/night differences
 Calm, Quiet and soothing behaviours at settling time
Notice tired signs early
Put baby into cot/bassinet awake and give baby the opportunity to learn to fall asleep in their own
Avoid:
 rocking, holding or feeding baby to sleep
 bright lights, frantic and busy rocking and loud noises
 too much "busy-ness" (lots of activity) whilst baby is falling asleep

Settling a baby for sleep

Flow diagram of steps to follow

What if baby won't settle?

Steps to follow outlined:
 Remember to try and **stay calm**, and keep everything you do as **quiet** and as **soothing** as you can in **dim lighting**
 Don't take baby out of their cot immediately.
 Try and let baby settle on their own. Allow around 2-3 minutes in the first month, and 5 minutes at 3 months
 If baby keeps grizzling then wait for a further 2 minutes (use a timer ... during this time go and make a cup of tea, or tell yourself the time you are going to wait and do a 2 minute activity e.g. TradeMe, YouTube, another row of knitting, put away the dishes, anything but being by the doorway waiting...) before going back to check your baby
 If necessary, talk quietly, and stroke, rub or pat your baby gently and see if this helps them quieten and settle
 If they begin to calm and settle then leave the room
 If baby starts to cry and 'wind up', baby may need another quiet feed or a cuddle and then try settling again (as before)
 If you know your baby is well fed, talk quietly as before and stroke, rub or pat your baby gently and see if this helps them quieten and settle. If they begin to calm and settle then leave the room

The very difficult to soothe baby

All babies are born with different temperaments

Good news is these babies can also learn to have healthy sleep patterns

Learning about how your own baby soothes him/herself

Remember a baby can sense how you feel; remain as calm as possible

You may need some time out to remain calm (ask your partner, a friend or relative for help)

Checking baby

Do this as quietly as you can, and where baby can't see you

Try not to pick baby up when asleep (identifying REM sleep)

Night feeding

Keep the lighting dim

If you need to talk, then talk softly and quietly with your baby

Try not to drag out the feeding, winding and changing cycle

At every chance try to place baby into the cot awake or drowsy

Because baby is still learning it is important to be consistent in what you do.