

Sleep Wave Planner *Baby Jane - 5 months old*

Here you can make notes for your Sleep Plan

New sleep schedule

Bedtime *7pm*

Wake time *6am*

Nap *(no schedule yet - 3-4)*
Nap *(naps per day depending)*
Nap *(on duration)*

For babies under 5-6 months, use the *span of awake time* to know when to nap, rather than setting a schedule based on time of day.

Bedtime routine *bath, massage, pjs, book, song, nurse* to sleep

New routine *bath, massage, pjs, nurse, book, song, kiss, script*

Nap routine *pjs, nurse, book, song, kiss, script*

Sleep associations

Helpful

Paci/thumb *(working on thumb)*
Lovey *(create attachment, then only in crib)*
Tummy time/rolling *yes*
White noise *yes, fan*

Unhelpful

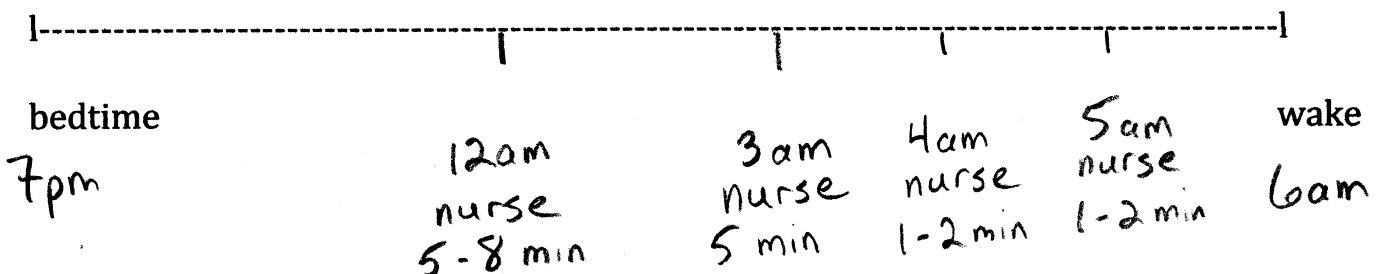
Feeding ✓
Bouncing/Rocking
Swing/stroller ✓
Car/carrier

How falls asleep? *mostly with nursing, sometimes stroller for naps*

Where does baby/child sleep? *just moved into own room*

Room environment - dark, cool, moving air? *effective blackout shades needed*

Timeline for nights - include wakings, feeds, length or amount of feed



Timeline for days - include nap times and feeds

-----|
Still variable, 3-4 naps per day with
90 minute awake spans. Naps are 30-60 min.

Parents' goals for sleep

fall asleep independently
only 1 feed per night

Script for Sleep Wave - use for night and naps and keep consistent

"Daddy (Mommy) is here.
I love you,
Nite, nite."

Weaning - decrease 30 seconds or ½ ounce every other night

- Keep 3am feed in place for now
- Wean 12am feed, starting at 5 min, using this guideline
- Skip 4am + 5am feeds as it has been less than 3 hrs. since 3am feed
- Wean 3am feed when ready, using same guideline

Mantras

Sleep is like nutrition for the brain.
She is capable + we want her to feel confident.
We can be better parents if not so exhausted.
Don't want to overhelp her
A little struggle is a good thing.

Final reminders - check-in w/script every 5 minutes if crying, stay extremely consistent, don't soothe during checks and stay very calm and confident