



Get More Sleep!

Let's bust some myths about sleep!

Setting realistic expectations sets you and your little one up for success

Sleep do's and don'ts

Don't believe the hype
The Truth Around Sleep Training

Resource List Included



**DO WHAT YOU FEEL IN YOUR HEART TO BE RIGHT -
FOR YOU'LL BE CRITICIZED ANYWAY.
- ELEANOR ROOSEVELT**

Let's Talk Sleep

HERE ARE THE TOP DO'S AND DON'TS TO HELP SET REALISTIC EXPECTATIONS & EMPOWER YOUR INTUITION FOR BETTER HEALTH AND HAPPINESS

Baby Sleep Training is a multi-million dollar industry (1), and hundreds of books have been written on the topic with conflicting advice. It can be hard to know who to trust, and while you are up multiple times a night caring for a newborn, the last thing you need is to be sorting through Google and Facebook and e-books trying to solve what may not even be a problem! So, bebo mia Inc. created this Fact Sheet in hopes of saving clients time, sleep, and sanity. We recognize that there are many philosophies around sleep, so with that in mind, we have provided citations in the event that you would like to do some fact-checking. If this information does not resonate with you, that is totally OK. You've got this, and we trust your baby is in capable, loving hands.



DON'T EXPECT YOUR BABY TO SLEEP THROUGH THE NIGHT

Sleeping through the night is defined as 5 consecutive hours. A mere 16% of babies sleep through the night at 6 months of age, and 17% of babies wake from 2-8 times. The rest? It is different from night-to-night, depending on what baby's needs are on each given night.(2)

DO CREATE A STRATEGY AROUND MANAGING HEALTH & WELLBEING FOR NIGHTTIME PARENTING

Rest assured, you will survive this season in your life, just as parents have for the thousands of years prior to the business of sleep training - a relatively new idea that is unique to our culture and not practised in most of the world (3). That said, merely surviving can evolve into THRIVING if you treat yourself with love and care during this precious, albeit challenging, time. Things to consider:

- Proper hydration (drink lots and lots of water)
- Optimal nutrition (eat lots of fruits and veggies, minimum 10 servings, smoothies and salads daily are a good idea)
- Supplementation (visit your favourite holistic practitioner for an assessment)

***Note: this list is far from exhaustive, see end of Fact Sheet for contact info to provide more customized solutions for self-care.**



DON'T BELIEVE THE HYPE AROUND SLEEP TRAINING

Sleep training usually doesn't work despite anecdotal evidence. A recent study shows that sleep training (cry-it-out or controlled crying) resulted in night-wakings being eliminated only 14% of the time and reduced night-wakings significantly for only 24% of families. 42% of the time, sleep-training, even done multiple times, had no effect on night waking.⁽⁴⁾ Self-soothing is not what "they" say and it usually occurs at toddlerhood when the prefrontal cortex and hippocampus (areas responsible for rational thoughts and dual feelings) have had some time to develop. Before toddlerhood, babies are very much primal beings with the amygdala as the only fully developed area of the brain, this is the area responsible for "fight or flight" survival mechanism. The term "self-soothing" was coined in the 1970's by Dr. Thomas Anders who said, "Self-soothing is a label we coined to contrast it with signaling (crying) upon awakening. I would bet that most non-signaling awakenings occur without active self-soothing." Self-regulation can be learned during toddlerhood through cued-care which helps the child feel calm and lessens toxic stress. ⁽⁵⁾

DO EMPLOY SEVERAL WAYS TO PARENT BABY TO SLEEP

Once you hold your new baby, you will notice you instinctively move and sway with him or her in your arms. You might even move/sway when you don't have your new baby, while in line at the grocery store when you hear another baby cry. Motion is beneficial for brain and motor development, and even increases empathy in toddlers. Skin-to-skin contact has a painkilling effect and also boosts oxytocin, a natural sedative. Breast milk contains tryptophan and the contents peak late in the day. These are some of the ways mother nature sets you up for success in parenting your baby to sleep. Sometimes parents will stick to one way (like bouncing on an exercise ball) and feel trapped by that activity. By having a few tricks up your sleeve you can help your baby to be flexible and adaptable to approaches and caregivers.

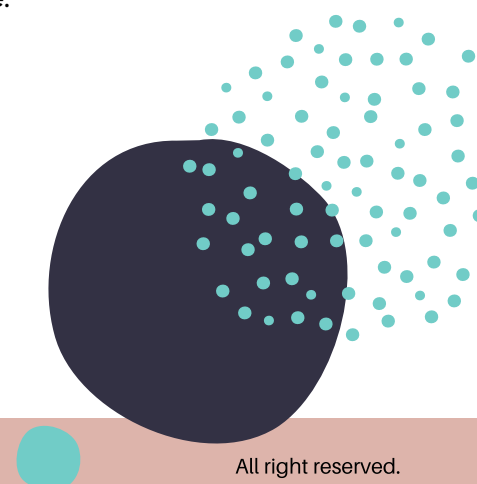
Please note that for newborns, they sleep very lightly for the first 20 minutes, so be patient and only put them into their bed once they are in a deep sleep (eyes are not moving under lids, muscles relaxed). ⁽⁶⁾ ⁽¹¹⁾⁽¹²⁾⁽¹³⁾

DON'T PUT PILLOWS, STUFFIES, BUMPERS ETC. IN BABY'S CRIB

A baby's sleep surface should be free from anything that could cause suffocation, strangulation and death. A baby craves the comfort and closeness of their primary attachment figure, so caregivers are often tempted to place pillows, stuffies and cushions alongside baby in their crib. This is very dangerous and definitely not recommended.⁽⁷⁾

DO CREATE A SAFE SPACE FOR NIGHTTIME NURSING

It is recommended that baby sleep on a separate sleep surface, such as a crib or bassinet next to a breastfeeding mother, for optimal health, development and SIDS prevention until 6 months of age at minimum.⁽⁸⁾ Even if you never plan to bedshare with your baby, if you are waking in the night to nurse your baby, the exhaustion combined with sleep inducing hormones as you nurse, can make it dangerous when you nurse baby in the rocking chair, or couch, or your elevated adult bed. Some sites to visit for here & here for safe sleep. The La Leche League book, "Sweet Sleep" has a wonderful chart to set up the safest bedsharing environment possible.



DON'T SWEAT IT IF THINGS LOOK DIFFERENT THAN YOU IMAGINED OR WERE TOLD

Things have changed dramatically since the 70's where our culture did more bottlefeeding, more interventions at birth, and encouraged baby be separated immediately from the mother and into a nursery at birth. A result from moving towards more attachment-fostering birthing and postpartum practises includes parents having a heightened awareness of their baby, and a baby who can more clearly communicate their needs – awesome! Along with this also includes a decrease in SIDS and an increase of infant health. Unfortunately, our current (North American) culture still idealizes the concepts of early “independence” and this is shown mostly in mass media which seems to be at odds with our instincts. Trust yourself, and trust that if your crib becomes mostly a laundry hamper, you are not alone! (9)(10)

Some myths we would like to BUST, that in our experience serve only to drive parents mad:

MYTH: You need to put your child down “drowsy but awake”

MYTH: Motion does not equate quality sleep

MYTH: You have to condition/train your child to get used to less contact

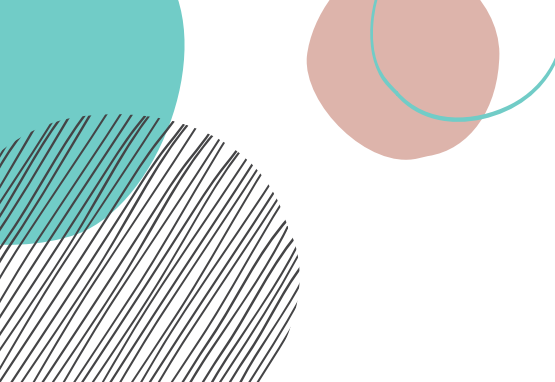
MYTH: Babies don't need to be fed at night after x months

Once baby is born, if you find yourself challenged by sleep habits, unable to establish a routine or sleep environment that works for the family, or if you become chronically sleep deprived, please reach out to a bebo mia inc. certified Sleep Educator for assistance. A Certified Sleep Educator will never tell you to ignore your baby's cries. They will work with you and your baby's unique temperaments to help you shut out the noise and tune into your unique goals and core values. Your Sleep Educator will provide professional support, parent coaching, stress management tools, and help you find your daily and nightly rhythm.

You can find a directory here.


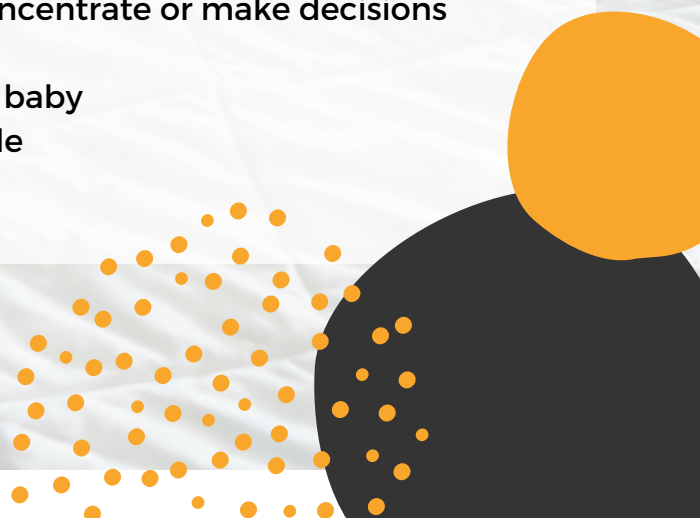
Or contact: info@bebomia.com





Signs of PPD

THESE SYMPTOMS MAY SHOW UP ANYTIME FROM BIRTH OR EVEN MONTHS AFTER. THESE SIGNS & SYMPTOMS CAN BE INTENSE & CAN INTERFERE WITH YOUR ABILITY TO CARE FOR YOUR BABY, YOURSELF OR WITH HOW YOU MANAGE YOUR DAILY TASKS. SLEEP DEPRIVATION CAN IMPACT MENTAL WELLNESS.

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- Depressed mood or severe mood swings
 - Excessive crying
 - Difficulty bonding with your baby
 - Withdrawing from family and friends
 - Loss of appetite or eating much more than usual
 - Inability to sleep (insomnia) or sleeping too much
 - Overwhelming fatigue or loss of energy
 - Reduced interest and pleasure in activities you used to enjoy
 - Intense irritability and anger
 - Fear that you're not a good mother
 - Feelings of worthlessness, shame, guilt or inadequacy
 - Diminished ability to think clearly, concentrate or make decisions
 - Severe anxiety and panic attacks
 - Thoughts of harming yourself or your baby
 - Recurrent thoughts of death or suicide
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