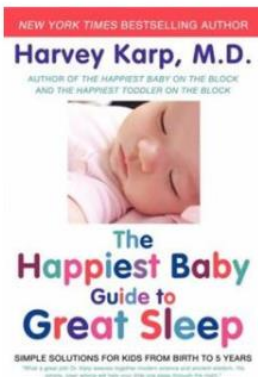


Sleep, something we all need to function at our best, and for some of us, this is an easy and effortless task, and for others, it takes some work. I do not know about you, but as a new Mom to a 7-month-old baby girl, I have found myself obsessed with sleep for my daughter and myself. After the 4-month sleep regression, I found myself in a constant research state and still am regarding sleep. So, I have decided to share what I have found. I am in no way shape or form a sleep expert, just a Mom trying to figure it out. Since starting this virtual world about a year ago, I think we all need sleep for the whole family.

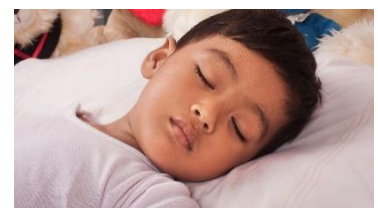


Sleep routines, I know you all are probably thinking, Lizzie, we have a bedtime routine, and I believe you, but did you know sleep routines start at the beginning of the day? Getting outside, moving your body, and getting that dose of vitamin D are some of the first things I found to effectively build a healthy sleep routine for both myself and my baby. I know what you might be thinking, “Lizzie, it’s like rain city in the Pacific North West,” and it is snowing as I write this. Yes, getting outside, even for 15 minutes, no matter the weather, is beneficial, partly for moving our body and establishing a good circadian rhythm (Dr. Harvey Karp, *The Happiest Baby Guide to Great Sleep*). Some ideas to get outside could be walking around the block or your parking lot if you live in an apartment. What about taking a short trail hike or hit your local park. It also provides a break from our constant life in front of a screen.



Turning off screen time a few hours before bed is also recommended by Dr. Harvey Karp. I found this to be peaceful and after working throughout the day on the screen. Turning on some soothing music, I found baby sleep stations on Pandora (I use the free version) about an hour before bed. Dr. Harvey Karp also suggested dimming the lights if you can. Dimming the lights has helped transition from the go-go mood of the day to a calmer mood before bedtime. You can also make up a transition song like what we do at Holly Ridge in Developmental Play Group. Transition songs can give a little heads up what is next and help make the transition smoother.

Other tips for bedtime routine you may already be doing include warm baths, baby/toddler massage, and reading books. White noise, lots of white noise is another tip from Dr. Harvey Karp’s book is lots of white noise. In utero, what babies often hear is like white noise.



These are some of the sleep routines that I found to be effective for my baby and my family. You may be doing these already, and if you are, that is great! If you are not trying one for a couple of weeks and see how it impacts you and your family. If you have sleep concerns, talk with your PCP and/or your team at Holly Ridge Center.