

Sleep Training for Babies and Infants:
A Gentle Guide to Sleep for Mommy and Baby

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Foreword

It All Started with my Baby's Frantic Crying at Night

“Is it really possible for my child to stop crying at night?” I’m sure this is the question that has been troubling the minds of many readers opening this book.

I call myself a “Sleep Advisor for Night Waking Babies,” and it was my struggle with my daughter’s frantic nightly crying spells that led me to become a childcare worker specializing in sleep training.

It started when my daughter was six months old. At first I only felt that she was waking me up a few times more often than she used to. But after a week, she was waking up crying every hour. Twice or three times a week, she would wake during the wee hours of the morning and wail for two hours, and there was nothing I could do to comfort her. Since I’d been told that this kind of behavior in babies is a temporary thing which will eventually go away, I was just putting up with it, waiting to see when it would end. Yet there was no sign of change. When I realized, six months had passed, and I was on the verge of a nervous breakdown.

“If I don’t do anything,” I said to myself, “the whole family will collapse...”

I searched the internet and read countless books, desperately seeking any information that could save me. But I kept coming up with all-too-common suggestions like “Take your baby out for a drive. A change of

mood will stop the crying.” On the other hand, many parenting books written by Western authors and translated into Japanese would tell me, “Don’t share a bed with your baby. You must let her sleep on her own.” I felt that the methods introduced in these books were not always suitable for the lifestyles and customs of a Japanese family. Seeing no sign of improvement whatever I tried, I spent gloomy days, brooding with questions and uncertainty.

But one day it occurred to me that since I had worked in healthcare as a physical therapist, I should be capable of doing some serious research. So I started consulting a vast number of articles in the field of medical science. And after extensive trial and error of what I was learning, I finally put together a method to deal with night waking that is more approachable for a Japanese family. I tried it on my daughter, and yes! It really worked! After tormenting me for half a year, my daughter started sleeping through the night in just five days. It was truly a miracle!

Overjoyed by this experience, I felt compelled to share my knowledge to save other moms suffering from the same problem. I took the national exam to become a qualified childcare worker and started giving advice on sleep training as an expert, specializing in dealing with night waking. I also wrote a guidebook on infant sleep training, entitled Gentle Guide to Sleep for Baby and Mommy, which I published online.

Now more than 3000 people have consulted my e-guidebook. I’ve even received orders from the other side of the globe, which made me realize how mothers all over the world are troubled by their children’s sleeping habits. Also, many readers were generous enough to take a few moments of their busy time to send me kind words of response; in fact, I have received

almost 300 messages! I included some of them in the beginning of this book. The warm feedback and the strong encouragement from fellow moms who support my work have given me the courage to publish this book.

Every day I hear the voices of mothers who are worn out from their babies getting up and crying night after night. They ask me “Will my child ever stop doing this?” My reply to them is simple: “A child’s sleeping habit can definitely be improved.”

Unfortunately, not all babies will stop crying at night. Looking at the feedback, the success rate has been about 70 percent. Did you expect it to be higher? To be honest, I was a little shocked at first to find out that what had worked for my own child was not effective in many cases. At one point, I even wondered whether I should stop giving guidance altogether.

Still, sweet words of appreciation came from so many, whether the method worked or not! They said they were feeling more relaxed about parenting for reasons I had never anticipated. Moms were thinking more positively; and smiles were returning to their faces! I was so happy, I shed warm tears countless times in front of my computer. And each time, I felt more convinced that the information I was giving out was meeting the needs of many parents.

What’s Necessary is Not Just Tolerance!

It has long been said that the reason why babies cry at night is unknown. “They’ll grow out of it,” people say, and parents have been told to put up with it.

If you ask a doctor or nurse at your infant’s checkup, they’ll most likely tell you to bear with it for a little while because your baby is just going through a phase. Other moms who have survived the ordeal would tell you, “We also had a rough time, but just be patient, and one day things will get better.” This is why so many parents take it for granted that staying up all night with a screaming baby is something they have to tolerate.

But think about if for a moment. Tolerance won’t solve anything. By tolerating, you are just storing up your stress. It will only make mommy’s life more and more miserable and take away her smiles. If you can’t smile, you’ll be emotionally drained. Soon the baby will sense mommy’s anxiety and suffering. It will become even more difficult for him to sleep, and he’ll get cranky and unhappy more often. So please remember, don’t take it too hard on yourself! It will only get you into a vicious cycle.

What, then, should you do? To make changes in your baby’s sleeping habits, what you need to do as a parent is not to endure the nightly ordeal, but to “act,” in other words, to try out different things. If you take action, you’ll have a concrete result, based on which you can work out what your next step is.

People have come to me, saying, “My son’s bawling all night so powerfully, nothing seems possible. Can we still hope for improvement?” or “My daughter just loves to be nursed and it’s the only way I can get her to sleep. I doubt there is any other way.” My reply is always the same, “You never know until you try it.” Babies are so adaptable, and I’ve seen many cases where they learn to sleep without breastfeeding, much to the surprise of their mothers. It’s true that fixing babies’ sleeping habits can be easier for

certain cases or certain age groups. Nevertheless, you can't really tell unless you give it a try.

Baby Wants to See Mommy Smile

Perhaps some of you are so exhausted and frustrated that you can no longer feel any affection for your child. Worse, some of you might even be questioning why you had a baby at all.

During the worst days of my daughter's sleep problem, I was tormented by similar thoughts and was feeling dreadful. But having seen and given advice to many mothers and children, I can say this with complete confidence: all babies love their mothers! If they cry at night, it is not because they want to make mommy suffer; it is because they have something to tell her. That is why they cry with all their might.

A baby craves for a warm bond with his mother. Yes, a baby loves to see mommy smile! Then what does mom need to do to keep smiling? That is the question I'd like every mother to ask herself when deciding how to "act." For each and every case, there is a way out. You just have to get up and look for it.

It may not be an easy path; even for an adult, changing your daily rhythm and habits can be challenging without a workable plan and the will to carry it out. Still, just starting something new can sometimes bring surprising changes for the better. Also, instead of carrying the burden all by yourself, ask for help. Doors will open and give you new ideas.

So I am hoping that my readers would not only read through this book. I would like you to incorporate at least one or two of my suggestions into

your daily routines. I have included simple explanations from the areas of sleep medicine and psychology that are relevant to the interest of the mother. You will also find some theoretical aspects that were not in my previous guidebook. I sincerely hope that this book will help you learn about baby sleep, so that more and more moms will be relieved from stress and find a way for happier parenting.

Etsuko Shimizu
Childcare Specialist
Sleep Advisor for Night Waking Babies

Testimonials of Parents who have Tried My Method

I tried the method, and had improvement in three days!

The effect was unbelievable! I was skeptical at first, but I was surprised it worked so quickly. Before I found this book, I'd tried several others with no success. I was about to reach for another baby sleep book, but it was way over my budget, and I didn't know what else I could do. To be honest, I was so stressed out I might have taken it out on my baby if things didn't improve. And I thought, "There's no way I'm going through this ever again!" But now I feel confident about having another baby. Thank you so much!

S. from Kanagawa (baby: 2 months)

Thanks to this book, we feel much more relaxed and confident about being loving parents. Even if our baby cries, we don't get anxious anymore. We feel ready for everything.

I used to get so frustrated when my baby cried. When I became scared of what I might do to her, I searched desperately on the internet and found your Sleep Guide, the e-book. And I was surprised from the very first day!

She went to sleep so easily! Now she sleeps within an hour if I lie down beside her and pat her gently.

Even when she cries, she settles down and returns to sleep if I hold her a little, so it's much easier. I can get her to sleep early, and have plenty of time to cook and have dinner with my husband. I am really grateful to this book!

T.H. from Fukuoka (baby: 3 months)

All I did was follow the three basic steps, and things have become so much easier! It's amazing! I wish I'd read this book earlier.

Five days after I started trying the method, I realized that my baby woke up crying only once. Two weeks have passed now, and he still cries sometimes, but he sleeps peacefully from 8:00 pm to 3:00 am. Getting him to sleep has become so much easier, I'm so happy! Both for naps and bedtime, he falls asleep in 10 to 15 minutes! Amazing! I have much more time for myself now.

I just want to say thank you for writing this book! And to my husband, thanks for finding it!

O. from Aichi (baby: 8 months)

I tried it just to see, and in two days, my baby stopped crying at night!

Gone are the days of frustration, asking myself, “Why doesn’t he stop crying? Why won’t he sleep?” Now my baby sleeps an average of five hours straight every night. I feel liberated from being sleepy and irritated, and I feel much more relaxed with my child. By trying the method, I found out that our problem was keeping the baby up too late.

M. from Saitama (baby: 3 months)

I wish I’d come across this book earlier. I also wish this book will reach the hands of all the exhausted parents who suffer from their babies’ sleep problems.

I used to think that my husband should have a chance to interact with our child, so I let him bathe the baby after he came home around 9:00 pm. This pushed our baby’s bedtime till past midnight. I was tired, so I chose the easier way of letting her sleep as I nursed her lying down. Then she started to wake up more and more often during the night, and before I knew it, she was waking me every hour. When a friend told me that this kind of habit could continue until the age of two, I was terrified! I wasn’t going to put up with that! So I got on the internet and did some research, which led me to this guide book.

I’m still working on how to get her to sleep, but at least I don’t need to nurse her anymore, and now she sleeps through the night till morning!!! I don’t know why I needed to go through all those sleepless nights...

M.O. from Hiroshima (baby: 8months)

I’ve read many parenting books, but this is the one I would recommend to everyone. It’s concise, and the suggestions are practical and easy to try.

One month after I had my baby, my days and nights got completely reversed. Night after night, I stayed up holding my baby from 11:00 pm to 4:00 am. With this and a bit of postpartum depression, I was completely stressed out; I couldn’t enjoy doing anything, and I wasn’t even sure if I loved my baby. That’s when I found this online guide book. I read the testimonials and couldn’t help crying. So many other parents were going through the same thing! Now my baby is seven months old. There were difficult periods on the way, but he now goes to sleep on his own when I put him in bed. And he’s a happy, smiling baby! It’s true; as long as mom is smiling, baby is happy. This book really saved me. I am truly grateful.

A. from Aichi (baby: 7 months)

I just followed what the book said. I patted my baby’s stomach to put her to sleep. I was so surprised it worked!

At first it took about 20 minutes, but now after three weeks, she falls asleep in 5 minutes.

A.N. from Yamagata (baby: 7 months)

This book taught me that our lifestyle is causing the baby to wake up at night. I found out that we were putting our child through unnecessary stress.

I put my baby in day care 45 days after birth, and went back to working full time, five days a week. But my baby would keep waking up at night, and wouldn't stop crying, sometimes for over an hour. Looking for a solution, I bought this online guide book. Because of my current working hours, bedtime at 8:00 pm was not possible, but I started waking her up slightly earlier than before. I also began the "snuggle time" before bed, and started teaching her to fall asleep on her own instead of nursing her to sleep. She still wakes up at night, but now she goes back to sleep if I nurse her a little. I am really amazed and overjoyed! Thank you so much! I hope to become the kind of mom that my daughter wants to have around.

A mom from Nagano (baby: 12 months)

The book made me realize that my son was giving out a sign by crying at night.

My younger son suddenly started waking up crying at night when he was one year and nine months old. After picking him up at the nursery, I was busy in the evening, and his bedtime was past 9:00 pm. When I realized I wasn't spending enough time being close to him, I tried giving him lots of hugging and cuddling before and after his bath. And from that night, he started sleeping through the night. From now on, I want to try bringing

his bedtime a little earlier, so that he can get up bright and happy in the morning.

Being a working mom shouldn't be an excuse for not having time. It's possible to make a little bit of time if you put your mind to it! It's up to you, as it was up to me. You can never function properly at work unless your child is happy...that is so true! And I'm so fortunate to have found this book which helped me out of my problem. Thank you!

Urara from Aichi (baby: 9 months)

This book has specific suggestions for changing bedtime habits. That's what helped me the most.

I am so happy now that my baby is sleeping well. She also managed to establish a good daily rhythm, and spends her days full of beans.

Chumi from Chiba (baby: 8 months)

How to use this book:

This is the “site map” of the book for busy parents.

You can either read through the book from the beginning or just read the sections that are relevant to you. The summaries of the chapters will help you find what you are looking for.

Chapter 1

Why is “early to bed and early to rise” important? Why does my baby wake up frequently at night? This chapter discusses the theoretical background of the causes of baby’s sleep problems. Skip it if you are not interested or if you don’t have time.

Chapter 2

The simple three-step method included in this chapter is vital to my solution for healthy baby sleep. The method is based on important elements of baby’s sleep development. Establishing a good sleep habit is important for building a strong bond between mom and baby.

Chapter 3

This chapter has sleep schedule samples by age. You can check your daily cycle and find out how your baby’s sleep patterns change. I’ve included some ideas for tailoring the schedules to fit your baby and your family needs.

Chapter 4

For some babies, bedtime rituals cause the problem of night waking and crying, but how can you tell? This chapter will clarify what kind of rituals are harmless, and which ones you need to correct. A good prior knowledge for expecting moms!

Chapter 5

This chapter deals with the relationship between breastfeeding and baby sleep. A must-read for moms who are wondering if they should breastfeed or bottle feed.

Chapter 6

This chapter is filled with everything that I want to share with you, what I learned from my own experiences and through my sleep coaching sessions. Please sit back, relax, and read it. It’s my message to all fellow parents!

If you are a tired, sleep-deprived parent, why don’t you start from Chapter 2?

Try my three-step method first. You can always read the other chapters when things get better and you have more time.

Now let’s begin!

Chapter 1

Why Do Babies Cry at Night?

The Causes of Night Waking

When your baby cries at night, you'll probably ask yourself many questions: Is his bed too warm or too cold? Was there too much excitement during the day? Is the baby teething? We tend to assume that the baby is crying because something is not right in his direct environment. However, research in the field of sleep medicine has revealed that sleep problem has something to do with our fundamental biological systems; in the case of babies, the causes of night waking lie in the structure of their sleep and their psychological development.

Maintaining the perfect temperature every night will not stop the baby from waking up. But the science of sleep will offer us a clue on how to improve the baby's sleep habits. And from what I've learned, there are two things that become major causes of sleep disruption in babies: one is the biological clock and the other relates to bed time routines.

Let me discuss each in more detail.

The Biological Clock

Everybody has an internal clock also known as the circadian rhythm. It is an internal system that regulates our sleep and controls our body temperature. How, then, does the biological clock cause sleep disruption in babies?

Most adults maintain fixed rhythms of getting up in the morning and going to sleep at night, as long as their biological clocks are working properly. However, the circadian rhythm is known to complete its cycle every 24.5 hours. This means that if we live by our biological clocks, we fall behind half an hour each day, and as the time lag accumulates, we will end up with our days and nights completely reversed. But our internal clock is also equipped with a "reset button" that can adjust our cycle to the 24-hour clock; it is programmed to restart a new cycle the moment we are exposed to morning light.

Things are not quite the same with babies. A newborn baby doesn't distinguish day from night, so she will sleep and wake every few hours. This is because her biological clock is not mature yet. It starts ticking when the baby is about one month old, but it will take some practice to set itself to the 24-hour clock. Babies who manage to learn smoothly will start differentiating night and day by three or four months of age. If all goes well, by six months, they will be able to develop a constant sleep cycle. To train babies' biological clock, it's best to keep their daytime surroundings bright and cheery, and to make their nighttime dark and quiet. If they spend every day in this kind of environment, their internal rhythm will

eventually become well-attuned to the cycle of day and night.

When babies have sleep problems, we first need to look at how the biological clock is functioning. Sometimes, babies wake up crying at night even if they have a healthy biological clock. I'll call these the "old type." The other, the "modern type," is when their biological clock is confused and malfunctioning.

In the old days, our environment was naturally bright during the day and turned dark in the evening. We didn't need much effort to adjust to the day's cycle. If a baby kept waking up at night, it was usually because the busy mother let him sleep a little too long while she did her chores in the morning. Because she didn't wake the baby in the morning, his body followed his own circadian rhythm without resetting it to the 24-hour clock; his cycle gradually fell behind until his day and night got reversed. And that was when the baby was up and crying at night. Most often, things improved as the child grew up and his life became more social, sharing breakfast with the family or going to nursery school. By then his biological clock would be properly adjusted, and he would stop getting up at night. I call this the "old type," but many babies today still fall into this category.

On the other hand, the sleep problem of the "modern type" is not caused by the gradual lag of the circadian rhythm. The babies in this group generally sleep lightly not only at night but also during daytime naps. It takes a long time to correct their nightly sleep disruption; some suffer until the age of three, and in severe cases, result in infant insomnia. These infants have internal clocks that are completely messed up.

The biological clock is extremely sensitive to light. Its ability to function properly depends on the brightness of the day and the darkness of the night. However, since modern life allows us to keep our rooms comfortably bright throughout the evening, our lives have become more nocturnal. Inevitably, babies today are staying up till later at night. In this kind of environment, it is very difficult for a baby's biological clock to distinguish day from night. With neither a healthy circadian rhythm nor a proper sleep and hormone cycle, there will be a lot of confusion going on in his body and brain. If this happens, the baby will often be irritable even during the day, and the parents will have a hard time dealing with him. But this does not mean that the child is irritable by nature. Having a confused biological clock is similar to constantly having a jet lag. How can you expect anybody to be in a good mood with a horrible jet lag?

A common method that is now used to treat adults with insomnia is called bright light treatment, in which the patient is exposed to artificial light of various brightness, in order to correct his sleep cycle. Fortunately, it is a method that you can easily follow at home to treat babies. The key concept again is "bright and cheerful during the day, dark and quiet during the night."

Here is a checklist of things you could be doing that would disrupt the baby's circadian rhythm.

- I let my baby sleep past 8:00 am in the morning.
- I let my baby stay up after 9:00 pm while the parents are up.
- The baby stays in a brightly-lit room in the evening until bedtime.
- The baby sleeps in the living room where the lights and the TV stay on.

- The father comes home late and bathes the baby.
- I don't take the baby out very often. The baby stays in a room without much sunlight most of the day.
- When my baby cries at night, I try to make him stop by taking him out on a midnight drive, letting him watch a DVD, or turning the lights on to play with him.
- I look at my cell phone while I'm putting my baby to sleep.

If you checked any one of the above, I advise you to change your habits. Creating a healthy daily routine is essential for my method to help your baby sleep better, because it will put your baby's biological clock in proper order. That's why I emphasize the importance of "early to bed and early to rise." I'll explain the actual steps you can take in more detail in the chapters that follow. I'll also give you suggestions of daily schedules.

Bedtime Routines

There are also cases of sleep problems caused by bedtime routines. In the International Classification of Sleep Disorders, there is a type of insomnia called "Behavioral Insomnia of Childhood (BIC)." Some babies' night waking fall into this category. The following is a summary of the characteristics of BIC, as explained in the International Classification of Sleep Disorders.

Behavioral Insomnia of Childhood (BIC) involves difficulties in initiating and/or maintaining sleep, which are associated with behavioral causes, and can be categorized into two types depending on the

contributing cause: one is sleep-onset association and the other is limit-setting.

Children with sleep-onset association rely on a certain condition to fall asleep, such as rocking, watching TV, a car ride, a milk bottle, etc. They often awaken frequently during the night and have difficulty going back to sleep without fulfilling the specific condition. Since babies and toddlers often need bedtime rituals to go to sleep, sleep-onset association is identified as a problem only when the condition is something that complicates or delays the child's bedtime, or when the child requires the intervention of a caregiver in order to sleep or return to sleep.

BIC of the limit-setting type occurs when the children stall or refuse to go to bed, and the caregivers demonstrate difficulties in enforcing bedtime limits. Separation anxiety and night fears could also be related. The lack of consistency in setting bedtime limits acts as intermittent reinforcement, making it more and more difficult for the child to sleep.

It is estimated that BIC occurs in 10 to 30% of all children. Since babies do not sleep through the night before three to six months of age, with the exception of severe insomnia, BIC can only be diagnosed from six months of age.

Summary from *The International Classification of Sleep Disorder, 2nd Edition*

Did any of this information ring a bell? It might have shocked some of you to hear that bedtime rituals could affect the quality of sleep. When regulating your day-and-night rhythms doesn't do the trick, changing bedtime routines can often solve things. This is more prevalent in babies seven months or older, when separation anxiety and stranger anxiety begin,

and their attachment to the sleep-inducing condition increases and persists until the age of one. I am well aware that it's not easy to change your bedtime rituals; I'll talk about it in more detail in Chapter 4.

It is Natural that Your Baby

Wakes Up at Night

We have a misconception that babies are deep sleepers, and use the expression “sleeping like a baby.” But in fact, baby sleep is much lighter compared to adult sleep. And when you learn what's happening in the baby's brain during sleep, you'll understand why a baby keeps waking up every hour or so.

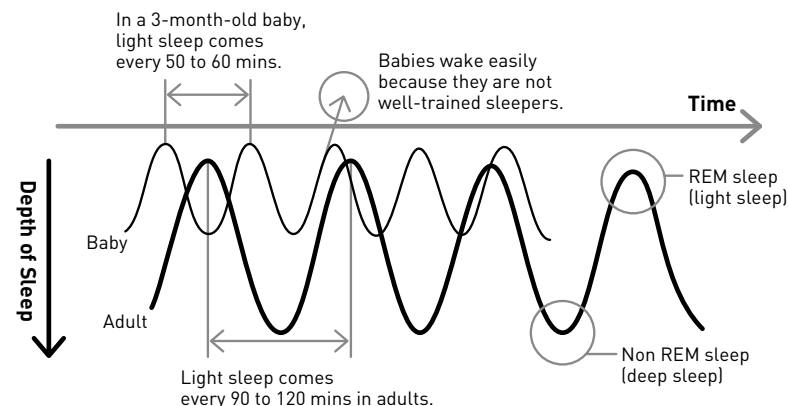
Perhaps you've heard of REM sleep and non-REM sleep. (REM stands for “rapid eye movement.”) Sleep is not a single consistent state, but is made up of alternate states of light sleep (REM) and deep sleep (non-REM). In an adult, a set of REM and non-REM sleep lasts 90 to 120 minutes, and we repeat several sets per night. Infant sets are shorter with 40 to 50 minutes for newborns, 50 to 60 minutes for three-month-olds, 75 minutes at two years, and reaching 90 minutes at five years old (Fig.1).

Babies are not good at sleeping yet; they often wake up when they can't transition well from REM state to non-REM. You can also see from the diagram that since babies sleep much more lightly compared to adults, they wake up more easily regardless of REM or non-REM.

So contrary to the image of “peaceful slumber,” it is perfectly natural that babies keep waking up at night. Not only babies, but toddlers, too.

Still, there is no need to watch a sleeping child and fear he might wake any minute.

Fig.1 The Rhythm of Baby Sleep



Sometimes Babies Are Only Talking in Their Sleep

As you know, some people talk in their sleep. Talking, tossing and turning all happen during light sleep. It is the same with babies, only, since they still have no verbal speech, they cry. In other words, instead of talking,

they cry in their sleep. Instead of tossing and turning, they jerk or move their limbs about. So we mustn't assume that they are calling us every time they cry at night. In fact, by misinterpreting them, we could make things a lot more difficult.

When I was breastfeeding my baby, I wasn't sure if I was giving her enough milk. I was also trying cloth diapers on her. So I was attentive to her smallest whimper or whine at night, either checking her diaper or trying to nurse her every time she woke me. Looking back, I realize what I was doing; I was forcing her awake every time she talked in her sleep! What an awful mom! But I had no idea what I was doing at the time.

If you wake the baby each time she "talks," she will develop a habit of waking up during light sleep. She'll need to be put back to sleep, which means extra work for both mom and baby. If your baby cries every 40 to 60 minutes, wait and see if she is only talking in her sleep. Just as you wouldn't want your husband to shake you awake each time you talk in your sleep, the baby wants to be left alone. Wait and observe your baby for a few minutes, and you'll know if she really needs something.

See? A little knowledge about baby sleep could help you identify why baby is crying at night. You can then let your baby sleep through her "talk." Otherwise, you might unwittingly create or aggravate her sleep problem, as I once did.

An Extra Tip

A Drink that Keeps Your Baby Awake

No, I'm not going to talk about caffeine here; the problem is juice before bed.

When you take fruit juice, the sugar in the drink (fructose, glucose, etc.) is absorbed very quickly, causing your blood sugar level to shoot up. Since your body is programmed to maintain its normal state, it responds by releasing insulin, a hormone that helps absorb and lower the sugar level in the bloodstream. But the insulin over-works, and the blood sugar level drops too low, which in turn triggers the release of adrenaline. Commonly known as the "fight or flight" hormone, adrenaline not only helps boost the blood sugar level; it can also make you alert and excited or give you mood swings. As a result of this chain of reactions, juice before bed could cause sleep problems.

The same thing applies during the day. If your child is whiny or if he always looks tired, ask yourself whether you are giving him too much sweet drinks or sugary snacks. Instead of giving juice to your baby every day, how about stretching out the treat to once a week?

Chapter 2

Three Steps to Improve Baby Sleep

The First Thing You Can Try

Now let's move on to practical methods to improve your baby's sleep habits. I have come up with three really simple steps as a starting point, which I'm sure will be easy to try for all sleep-deprived parents. I built this method based on three elements which I consider the most important in baby's sleep training: establishing constant daily rhythms, modifying bedtime routines if necessary, and making sure it feels right for both mommy and the baby. Please try this method for a few days because it has eased sleep problems for many babies and their parents.

Step 1. Wake your baby by 7:00 am!

The first step is to wake your baby by 7:00 am. (If your baby went to sleep after 10:00 pm the night before, then wake him by 8:00 am.)

If you're not a morning person, this may be a challenge! Make an effort by asking your family to cooperate. Waking up early in the morning is crucial in establishing a healthy daily rhythm. If your baby already has a habit of waking up early, move on to the next two steps. If not, here are three tips to get your baby up in the morning:

- ① Open the curtains and let sunlight in the room. If you can't get much sun from your window, on rainy days for example, then turn on the lights. If your baby senses the light and wakes up, greet him "Good morning." If the light doesn't wake him, try calling him, and let him know it's morning. If he still sleeps, gently shake him awake.
- ② Never wake him by suddenly picking him up out of his crib, even with newborns. If the baby is not ready to wake up, he could protest and get cranky.
- ③ Wait for the baby to open his eyes and look around him. Then he is ready for a change of diaper and clothes. As you go about your morning routines, talk to him, so he'll get to know what's going on: "Mommy is wiping your face," "Let's change your diaper," "Shall we go to the other room?" etc.

When your baby is one month old, start spending the daytime in a room different from where he sleeps. Sticking to the same morning rituals like washing the face and changing from his pajamas will also help the baby learn that night is over and a new day is beginning.

Step 2. Regulate your baby's naps, and make his daytime exciting!

From about two months, try to stretch out your baby's naps, so that he will have three naps: one in the morning, one during the day, and an early evening nap. The chart on the following page will help you schedule nap times.

It is best to spend your morning hours outside in the sun because

morning sunlight stimulates the rhythm of melatonin, a hormone that makes us drowsy at night. In fact, healthy sleep depends on how actively you spend the morning. Rhythmical movement like walking or crawling is also important because it is known to increase the level of serotonin, a neurotransmitter that calms the baby, making it easier for him to sleep. So I advise you to give your baby plenty of exercise from his early months. There are all sorts of books on mom and baby exercises. They're fun and good for sleep as well!

(For advice on reducing naps, please read Chapter 3.)

Fig.2 Suggested Nap Schedule

	Morning (around 9:00 am)	Daytime (around noon)	Evening (before 5:00 pm)
2 to 4 months	1 hr.	2 hrs. 30 mins.	30 mins. to 1 hr.
5 to 6 months	1 hr.	2 hrs. 30 mins.	stop gradually
7 to 8 months	30 mins.	2 hrs. 30 mins.	none
9 to 11 months	30 mins.	2 hrs.	none
1 yr. to 1 yr. 6 mo.	stop gradually	2 hrs.	none
1 yr. 7 mo. to 3 yrs.	none	2 hrs.	none
4 to 5 yrs.	none	only when needed	none

Tips on Napping

- ① For the first three months, it's okay to let babies sleep whenever they look sleepy. From about four months, try to work out a napping schedule, and put your baby to sleep at fixed hours.
- ② Don't let your baby sleep as much as she wants. Wake her when you think she's had enough sleep depending on her age. Suggested nap lengths are listed in Fig. 2. As I mentioned in Step 1, give her a moment to prepare to wake up, instead of abruptly lifting her out of bed.
- ③ Even if you are busy preparing the family dinner in the evening, try to keep her awake after 5:00 pm, otherwise she won't be able to sleep at night.

Step 3. Enjoy half an hour of "Snuggle Time" before bed!

Your goal is to get your baby to sleep at 8:00 pm. (If he usually goes to sleep earlier, that's even better!) This means you have to finish feeding, bathing, and changing him by 7:30 pm, and then you can have half an hour of snuggling and cuddling! Turn off the lights, indulge yourself in lots of physical contact with your child, and talk to him quietly. It's okay to have night lights, or a dim indirect lighting in the room; a warm amber glow is said to be ideal, as it has a calming effect. You can breastfeed or give him his bottle. If your child is older, you can read to him or talk about what you did that day.

Tips on how to spend Snuggle Time:

- ① Lower your voice and talk more softly and slowly than you normally do.
- ② No TV, computer, or cell phone! Darken the room, only dim amber light.
- ③ Forget whatever work you need to finish for now. It's just you and your child.
- ④ Older children also want lots of intimate time and physical contact.
- ⑤ Talk about all the good things your child did that day.
- ⑥ If you are nursing or bottle feeding your baby, don't let her fall asleep on the way. Tickle her and tap her, so that she can stay awake and have plenty to eat.

Being in a dark room for a while will prompt the release of melatonin, which will make your child drowsy and help him fall asleep quickly. Also, sharing an intimate moment each night will strengthen the feeling of reassurance between you and the baby, while he calms down from the excitement of the day. Your baby will get ready to switch to “sleep mode,” body and soul relaxed, and mom will not have a hard time putting him to sleep. Enjoy this wonderful moment every night!

These three steps make up the foundation to the sleep schedules I will introduce to you in Chapter 3. If these three steps have solved your problem already, you can just skim through the sample schedules. If not, there's no need to be disappointed. Just look back at the checklist in Chapter 1, and see if you need to make any changes to your daily habits.

Which Is Better, Bed-Sharing or Sleeping Alone?

We all wonder if it is better to let the baby sleep with his parents or whether he should sleep alone in his crib. In my opinion, it is preferable for the baby to sleep alongside his parents. In the Western cultures, it is more common to train the babies to sleep alone. Of course, there are benefits to this approach; for example, if you isolate them in their own bedroom, it is easier to separate the baby's bedtime from the parents', and you can avoid keeping them up late until adult bedtime.

Should we follow the Western way and train the baby to sleep alone? I'm inclined to disagree. I can't help thinking that babies instinctively desire to sleep with the parents to feel secure. It must be in the blood from the days when our ancestors huddled together to sleep to protect themselves from nocturnal beasts. In fact, looking back at two million years of human history, it is only about 200 years ago that parents started to let babies sleep alone. Even today, the custom is prevalent mostly in American and European cultures, which make up less than 10 percent of the world population.

Recently, bed-sharing is becoming more popular even in America, since it has been recognized as being beneficial to the baby's emotional stability. More parenting advisers are promoting the “family bed approach” as long as the baby's safety concerns like falling off the bed are cleared. Parents who have tried it know that there is something extremely natural and satisfying about sleeping alongside the baby. Japanese moms should be proud of their

tradition of bed-sharing. The baby loves it, too, so I encourage you to stick to it!

That being said, I would like to add that letting a baby sleep alone is by no means harmful to his emotional development. Of course some families find it easier and safer for the baby to sleep in his crib, depending on their circumstances like room space, older siblings, pets, etc. If your baby can sleep in his crib, there is absolutely no need for you to feel guilty and switch to the family bed custom. Just tell the baby how good he is to be able to sleep by himself!

Does Modern Lifestyle Cause Night Waking?

There was a time when people believed that bed-sharing was the reason why babies kept waking up crying at night. Researchers in those days must have been looking for the cause of frequent night waking in bedtime customs. Well, there is some truth to this. If you are sleeping beside your baby, you can't help noticing each tiny arousal of your child, so he could wake you every time he cries in his sleep. Still, if 90% of the world's parents are sleeping with their babies, how are they coping? My answer to this is that our modern lifestyle is the real issue here.

Let me talk about the situation in Japan as an example. When I was a child, I was sent to bed at 8:00 pm. "After eight is grown-up time!" my parents would say. But as we got used to spending our evenings in rooms lit as bright as day with artificial light, our babies' average bedtime has become later and later in the past 20 years. Although the recent trend in

parenting is slowly returning to the old ways of sending kids to bed earlier, almost 40% of children three years old or younger stay up until 10:00 pm in Japan. We could easily have the world's largest number of baby night owls! What makes matters more difficult is the fact that nuclear families are the norm these days. With only a few family members per household, daytime is often quiet, and mom lets the baby sleep while she does the housework. All the adverse elements are there for the baby's biological clock to function properly. No wonder so many babies cry at night!

Isn't it Too Early for Bed?

Many parents speculate that if children go to bed early, they wake up too early. Well, I had a chance to talk with a mom, Ms. F., who sent her baby to bed at 6:30 pm every day until the age of two. I found her experience very valuable. Unlike the majority of moms who try to get things done while the baby is asleep, Ms. F did housework, carrying her baby in a sling on her back, and took a nap whenever her baby napped. When I asked her if it wasn't difficult, she said, "When your baby doesn't talk yet, there's not much you can do to play with him. So I did housework with my baby on my back, and all the while I kept telling him what I was doing, verbalizing everything I saw in the house, like a live broadcast. This way I got things done and I could rest while he napped, so it was great!" He didn't bother her with nightly crying, and he woke up on his own around 6:30 every morning.

Of course, every family has a different rhythm, and sometimes the baby's

bedtime needs to be a little late depending on the parents' working hours. That's fine to a certain extent. Babies are extremely adaptable. Still, I must emphasize that past 10:00 pm is much too late for any baby, and it almost goes against nature to keep babies up that late. Even if many fellow moms may do it, you shouldn't think it's safe to do the same.

If you think that babies sleep better if you keep them up late because they catch up on sleep, you are mistaken. Staying up late will not only upset their sleep cycles, but their quality of sleep will also be affected, making their sleep lighter altogether. Parents who have switched to earlier bedtime are often pleasantly surprised to find that their babies sleep better at night, as well as during naps.

My three-year-old daughter wakes up an hour early whenever she stays up late the night before. Even at her age, I find that sticking to the child's natural bedtimes is extremely important. Of course, each baby is different; some need fewer hours of sleep compared to others, and might wake up early if they had enough sleep. But in most cases, keeping them up too late reduces both quantity and quality of sleep. My advice to the reader is to try putting your baby to bed early. Find out how much time your baby needs to sleep. That way you can set up a daily schedule that works well for both you and your child.

An Extra Tip

Go Out More Often with Your Baby!

Many first-time-moms tend to keep their precious little babies safe and sound inside the house. But once the baby reaches one month old, it's okay to take her out. Start taking her on a short walk, and when you get used to it, go out as much as you'd like and enjoy yourselves! Even if babies take three naps a day, it doesn't mean you can't take them out. Babies with older siblings are always being dragged out of the house, and they get used to sleeping wherever and whenever they need to. Anyway, it's not a big deal if they miss a nap because they can always catch up on sleep later. Or you can just tuck them in earlier that night.

A lot of babies sleep well while they are moving, when you carry them in a sling or when they are buckled in on a stroller or a car seat. If you can get your baby to start sleeping before a train or bus ride, you'll have less hassle on your journey. Whenever I took the bullet train from Yokohama to my parents' house in Osaka, I made sure the departure coincided with my daughter's longest afternoon nap. When your baby gets used to sleeping outside, you can even hope for a peaceful break in a café!

Chapter 3

Getting to Know Your Baby's Happy and Healthy Sleep Cycle

Understanding Your Baby's Sleep/Wake Rhythm

In this chapter, you will find my recommended sleep schedules by age. The schedules reflect the study of sleep development, and formulated so that your child will establish a healthy sleep habit. A well-rested baby will also spend happy waking hours.

The sample schedules are intended to help you in two ways. First of all, they will let you visualize how you spend each day. Once you know what to expect, you'll find it easier to plan a pleasant day for you and your baby. Secondly, you can keep track of the changes in sleep habits your child goes through as he grows up. When you get the general idea of how baby sleep develops by age, you'll be better prepared and less anxious about issues that may lie ahead.

If the three-step method in the previous chapter didn't work for you, try using these sleep schedules to reorganize your daily routine. Following a sample schedule can sometimes help you identify your baby's particular needs and characteristics. But please keep this in mind; you must never try to fit your baby into the sample schedule. Once you find out your baby's daily rhythm, you need to adjust the schedule so that it suits your baby. If

not, you'll be tormenting yourself, thinking your baby doesn't sleep "as scheduled." Every baby is different. How many hours he sleeps and how many times he eats all depend on the individual. Later on in this chapter, I'll give you tips on how to modify the sample schedules.

Sleep Schedules by Age

Here are my suggested sleep schedules for different developmental age groups. Before you look at the schedules for your baby, please take note of the following five points:



If the three-step method is working for your baby, you don't need to follow these sleep schedules. Just use them as a guideline to know how the rhythms will change between the ages of 0 to 5 years. Looking through all stages first will also be helpful for those of you proceeding with a schedule of your baby's age group.

If you decide to follow one of the schedules, start when you have no special plans like travelling. You need to need to be consistent and stick to the schedule for at least a week.

Start when your baby is in good shape. If he has a cold, wait until he is better because irritations like a blocked-up nose can easily cause a sleep problem. When the baby goes up to the next age group, don't jump to a new schedule, but make gradual changes.

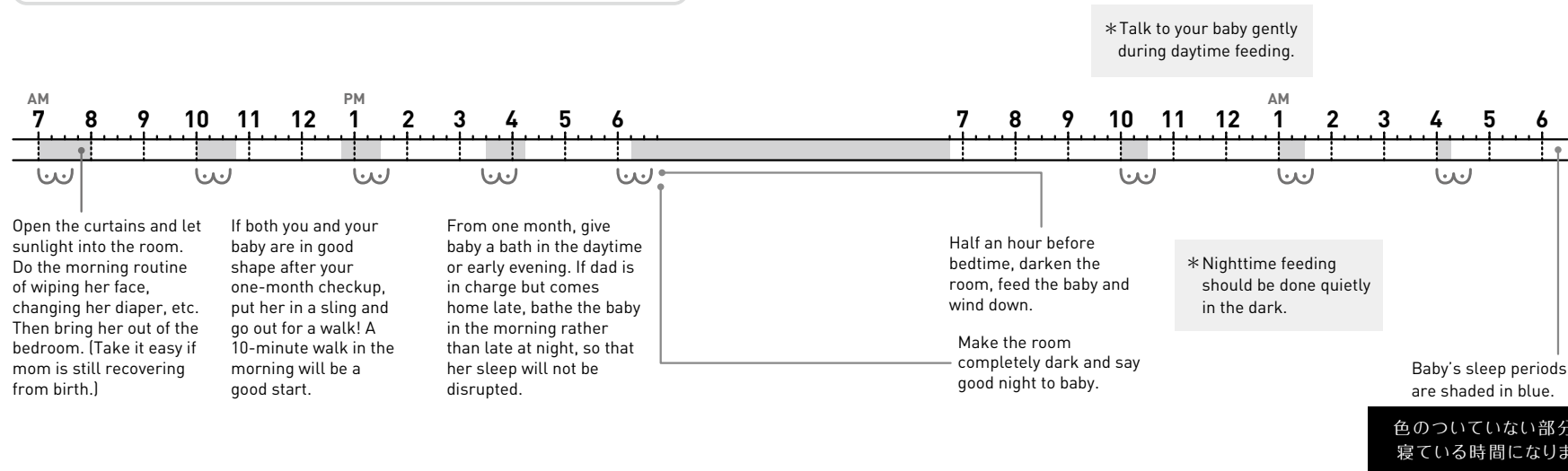
Don't force your baby to follow the schedule. Always keep in mind that you are only using these samples to get to know your baby's own natural rhythm.

Feeding Suggestions

-  It is okay to breastfeed as often and as much as the baby wants.
Breastfeeding Mom should drink lots of fluids.
If you have more nursing sessions than the sample schedule, that's perfectly fine!
-  Feed your baby 80 to 140 ml every 3 hours.
Bottle feeding

● Newborn through One Month


Babies of this age group will sleep and wake regardless of day or night. Start making a habit of keeping the daytime bright and the nighttime dark and quiet.




- From birth to one month, the first priority is for mommy to recover and get into the routine of breastfeeding.
- Let the baby sleep and wake as she wants. You needn't wake the baby in the morning, but clearly differentiate day and night by making the room bright or dark. Don't let baby sleep in a fully-lit living room at night.

- If you have any concerns with breastfeeding, see a lactation consultant. In the beginning it's normal to feed her more than 10 times a day.
- The schedule is just an example to help you visualize a typical day. Sleeping and feeding patterns are totally different for each newborn, so let your baby show you her own natural rhythm.

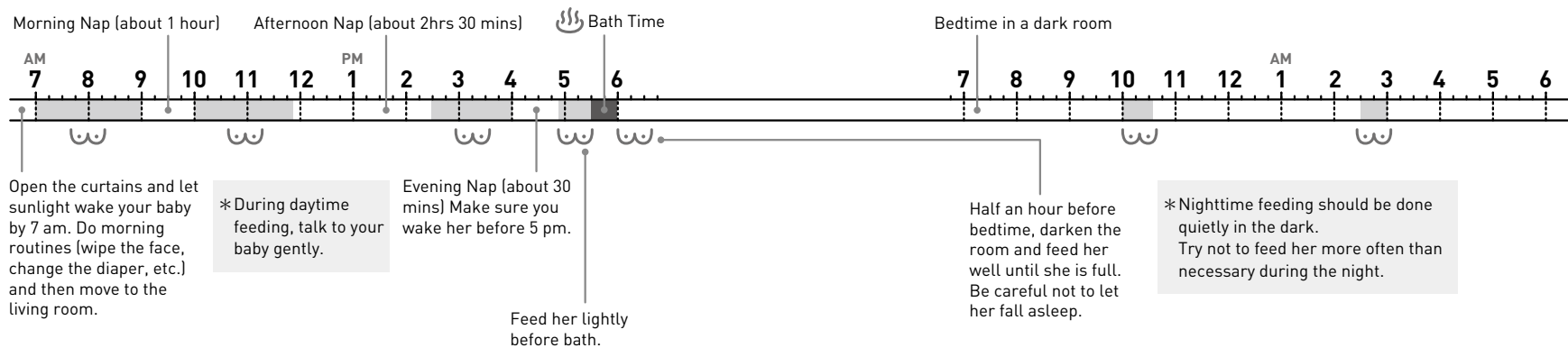
Feeding Suggestions

 **Breast feeding** Once you get used to regular breastfeeding, nurse her when you know she is hungry, and not every time she cries.

 **Bottle feeding** 2 to 3 months: 140 to 160 ml every 3 hours
3 to 4 months: 180 to 200 ml every 4 hours
Formula feeding should be 5 to 6 times a day.

● Two Months through Four Months


This is an important period for the baby to adjust her biological clock to the 24-hour cycle. Day/night reversal is common. Keeping a constant daily rhythm will help your baby get in tune with the day/night cycle of our world.




- From the age of two months, gradually get your baby into the habit of napping three times a day, morning, afternoon, and early evening. You can spend about a month to regulate her napping habit.
- Start your daily cycle by waking the baby up in the morning.
- Some babies are early-risers and wake up around 5 am. Let her start her day early if it works for you. Adjust her sleeping needs by letting her take a longer nap in the morning.
- Most babies of this age group still require two to three feedings during the night, but try not to exceed that.
- If your baby cries during the night, it doesn't always mean she is hungry. Babies often “talk (cry)” in their sleep every hour or so, when they go into

- light sleep. Watch her for a few minutes and see if she will go back to sleep.
- If you think you are not yielding enough breastmilk, don't add a nighttime feeding, but try to feed more frequently during the day. For example, instead of feeding at 11 am, feed her before and after her first two naps. This will allow three extra feedings.
- Babies of this age will have no less than 800 ml of breastmilk per day. Mom needs to drink a glass of water before each nursing session.
- If you have any concerns about breastfeeding, get help from your lactation consultant.

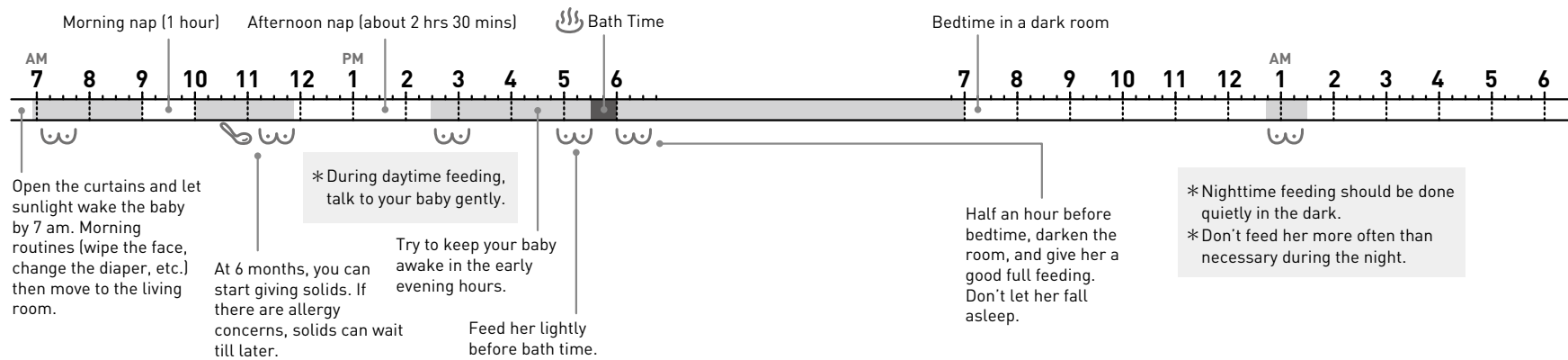
Feeding Suggestions

 **Breast feeding** Even if your baby is starting solids, breastmilk is still her main source of nutrition. Focus on feeding her only when she is hungry, and don't overfeed her during the night.

 **Bottle feeding** The suggested amount is 200 ml every 4 hours. The amount is the same even if your baby is starting solids.

● Five through Six Months

Babies of this age group will start napping only twice a day, once in the morning and once in the afternoon. Nighttime feeding also becomes less frequent. But babies who have become dependent on their bedtime rituals may start night waking and will cry because they can't go back to sleep.



- From five months on, your baby can gradually stop having evening naps, and settle with two naps a day.
- There's no rush in starting solids. Don't force anything, and try little by little. If you are concerned about allergies, it can wait another two or three months. Let your baby decide if she wants to eat or not.
- If you feel you are losing sufficient yield of milk by nursing fewer times at night, try to nurse more frequently during the day.

- Some babies are early-risers and wake up around 5 am. Let her start her day early if it works for you. Adjust her sleeping needs by letting her take a longer nap in the morning.
- If your baby cries during the night, it doesn't always mean she is hungry. Sometimes it's because she is "talking (crying)" in her sleep when her sleep becomes light every hour or so. Watch for a few minutes and see if she will go back to sleep. Try not to nurse her to stop her crying.

Feeding Suggestions



Breast feeding

Even if your baby is starting solids, breastmilk is still her main source of nutrition. Focus on feeding her only when she is hungry, and don't overfeed her during the night.

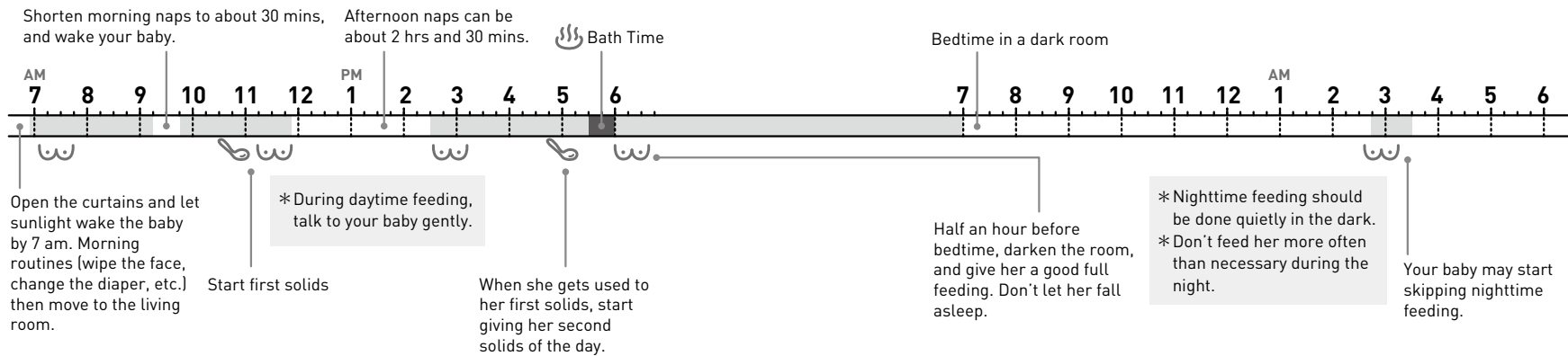


Bottle feeding

Bottle feed 200 ml of formula each time. Follow the same feeding schedule as breastfeeding. Babies who eat more solids will start taking less formula.

● Seven through Eight Months


This is a period when babies could get fussy about bedtime rituals. If your baby has a good daily rhythm but still keeps crying at night, you might need to make changes to your bedtime routines.




- Settle into the routine of a morning nap and an afternoon nap.
- Slowly get your baby used to solids so that she can start eating three times a day at 10 months.
- If you feel that skipping night feedings is reducing your yield of milk, try to nurse more frequently during the day.
- Some babies are early-risers and wake up around 5 am. Let her start her day early if it works for you. Adjust by letting her take a longer nap in the morning, or adding an extra nursing session between her nap and lunch.

- If your baby wakes up often at night, most often it's not because she's hungry. Don't nurse her to make her stop crying, and space out nighttime feedings.
- Still, if you want to continue breastfeeding, you may need to nurse once or twice during the night until weaning.


Feeding Suggestions

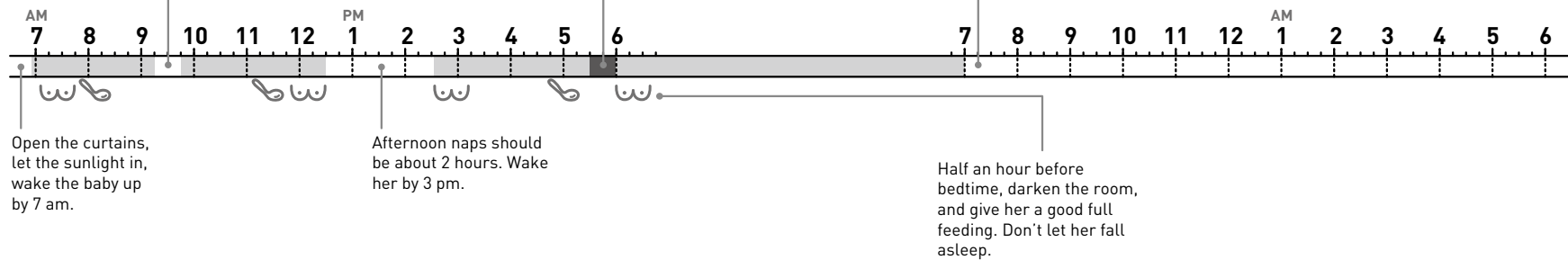
 **Breast feeding** Gradually stop breastfeeding during the night. Your breast milk will decrease, but you still need to take plenty of fluids before nursing.

 **Bottle feeding** The baby will start taking more nutrients from solid food rather than from formula. Let her practice using a cup instead of a bottle after meals.

Limit morning naps to half an hour. Some babies will skip morning naps.

* Take the baby out for a walk or play outside in the morning.

 Bath Time




● Nine through Eleven Months


Sleep becomes more dependent on the amount of the baby's daytime activity. Play with your baby so that she gets plenty of physical movement, crawling and stretching. Start making daytime naps shorter.

- Most infants stop taking morning naps by the time they reach one year and three months. Some stop earlier at 11 months. If your child doesn't get sleepy, try skipping her morning nap.
- If she can skip the morning nap but becomes tired before her afternoon nap, give her an early lunch and let her take an earlier nap at around 11:30 am.
- Some early birds wake up at 5 am, and it's okay to start early as long as mom can cope. You could feed her once between breakfast and lunch if her meals are too spaced out.

- At this age, waking up at night is not because she is hungry. Don't nurse her to stop her crying, and space out night feedings.
- If you want to continue breastfeeding, you may need to nurse once or twice during the night until weaning.

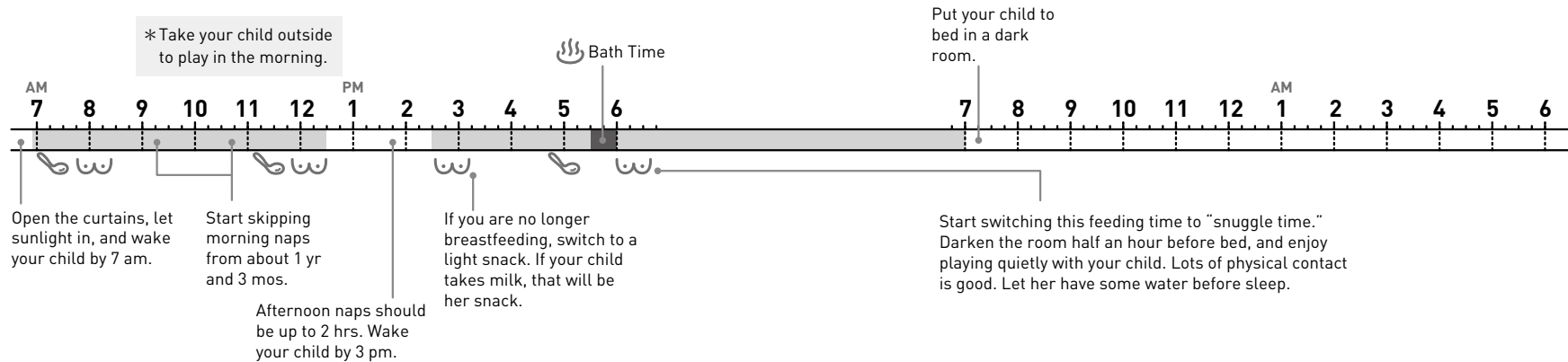
Feeding Suggestions

 Most of the nutrition will come from meals. At this point, Breast feeding your child is ready for weaning as far as nutrition is concerned.

 Give milk in a cup after meals or as snack, so that your child will have 300 to 400 ml per day. Bottle feeding

● One Year to One and a Half


Infants of this age group will stop taking morning naps. Start skipping them around one year and three months. Let your child get plenty of exercise from crawling, walking and outside play, to build her physical strength.




- Infants will not need morning naps from about one year and three months. If she doesn't seem sleepy or if her naps become shorter, try skipping them.
- If she can skip morning nap but becomes tired before her afternoon nap, give her an early lunch and put her down for an earlier nap at around 11:30 am.
- Some early birds wake up at 5 am, and it's okay to start early as long as mom can cope. You can add an extra feeding or snack between breakfast and lunch if her meals are too spaced out.

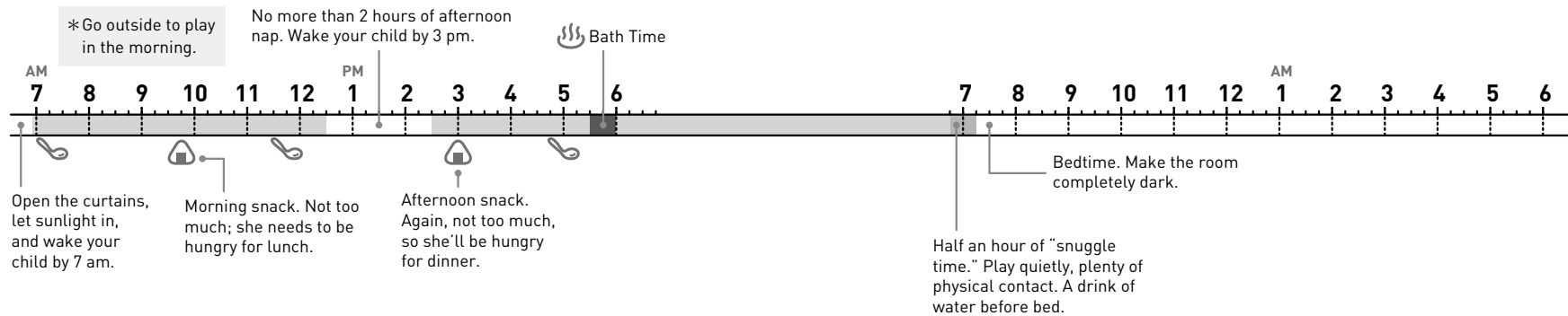
- Waking and crying at night at this age is usually because your child does not have a good daily rhythm, or because she's become dependent on a particular bedtime ritual. Don't feed her to stop her crying.
- Be flexible about weaning. Mom can decide when to wean and whether or not her child is ready to wean.
- If you wish to continue breastfeeding, you may need to continue feeding once or twice during the night until weaning.

Feeding Suggestions

 After weaning, you don't need to continue regular feedings of milk or follow-up formula. Give your child a well-balanced nutritious meal and water.

 Bottle feeding

 Snacks
A snack can supplement the nutrients that your child should be getting from her meals. Avoid sugary snacks; bread, potato, fruit, etc. are good. Don't give fruit juice too often.



● One Year and Seven Months to Three Years

Your child will no longer need morning naps. It is a good period to settle into a constant daily rhythm. Continue having plenty of physical activity in the morning. Try to send your child to bed early.

- By the time they reach three years old, children will start napping only for a short while, or not at all.
- Some early birds will wake up at 5 am. Let them start the day early if it works for the family.
- Be flexible about weaning. It is entirely up to the family.
- Apart from usual causes of nighttime crying (daily rhythm disruption and bedtime rituals), the child's new social environment like nursery school or day care could cause anxiety and bring new sleep problems. Having extra-cuddly moments before bed can help reassure and calm your child.

- If you still want to continue breastfeeding, you may need to keep nursing once or twice at night.

Feeding Suggestions



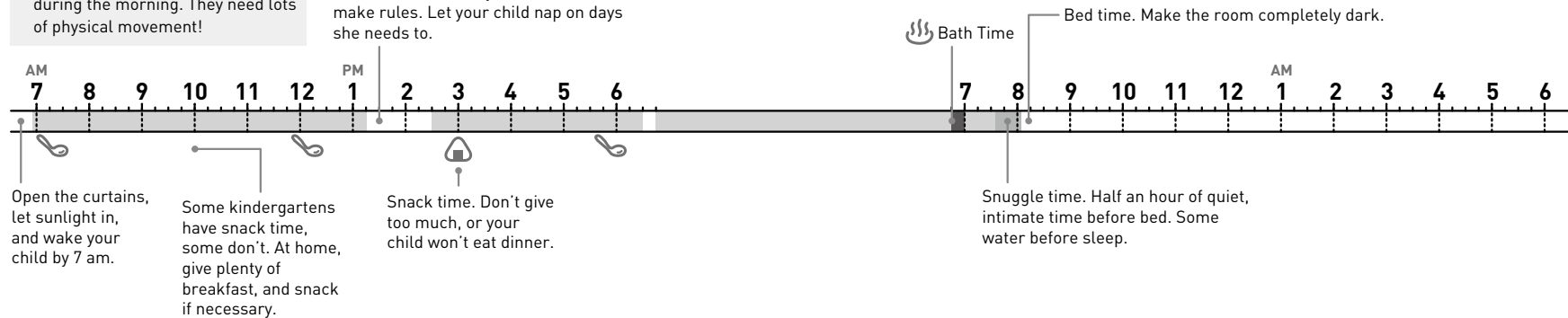
Snacks should be given to complement your child's daily meals. Stick to healthy snack like fruit or vegetables, and avoid sugary food. Don't let your child drink too much fruit juice.

● Four to Five Years

Most children of this age will be going to nursery school or kindergarten, which will keep them on a constant daily schedule. Children will develop their interests and express their wills. Watching TV or playing electronic games in the evening could delay their bedtime.

* Let your child play actively during the morning. They need lots of physical movement!

Many children will stop taking naps in nurseries. At home, you don't have to make rules. Let your child nap on days she needs to.



- Make rules at home to get your child to bed early, like no TV or games after dinner.
- A hearty breakfast is the source of energy for your child's morning activities. It doesn't need to be extravagant, but make sure it's nutritious.

- Start training your child to go to bed alone. Still, half an hour of intimate time before bed is a good habit to keep up. It's fun to talk quietly about what happened that day!
- While your child is in the lower grades of elementary school, try to get her to bed by 8 pm.

Getting Your Child to Bed Early

Looking at the schedules, you might have been surprised to see that bedtime is 7:00 pm for babies and toddlers. I don't mean to say that it is absolutely necessary to put your child to bed at that hour. But as I mentioned earlier, our modern lifestyles are pushing baby bedtime later and later, and I'm seriously concerned that babies today are not getting enough sleep. This is why I set the goal at 7:00 pm.

In many countries, babies have earlier bedtimes. For example, the average bedtime for infants under three years old is 6:48 pm in Germany. Seven o'clock is not at all too early! Human beings are animals that need to sleep when dark falls. If your baby becomes cranky in the evening, it could be his sign to say he needs to sleep. Let him go to bed early, rather than keeping him up and stressing over a bad-tempered baby.

Of course I do understand that some families have to keep the baby up till 9:00 pm because parents are working late or older siblings are staying up. Even so, I hope this book will encourage those families to make some effort to let the baby sleep as early as possible. I am not saying that bed at seven is the only solution for night waking, but I can't stress enough how important it is for the baby.

I have included tips for modifying the sample schedules later in this chapter.

What about Early Birds?

As summer approaches, more parents will be tormented by babies who wake up around 5:00 am. These babies are usually reacting to stronger morning sunlight, which is a good thing; it means they have a very healthy, functioning biological clock. Babies who are sensitive to light will sleep and wake according to natural light, getting up early in the summer and later in winter. Consequently, their total sleep hours will become shorter in the summer compared to winter.

Nevertheless, most of you don't really want your babies up and ready for the day at 5:00 am in the morning, do you? If you have an early riser, my suggestion is to use blinds or blackout curtains in their rooms. These help shut out unwanted illuminations at night, and keep sunlight from coming into the room too early in the morning. The only problem is that it might also make it difficult for the parents to get out of bed. We adults also need sunlight for our bodies to wake up, so if it is blocked out, you need to be careful not to sleep in. Set the alarm clock, and make a little extra effort to get up in the morning. If you can manage that, the blackout curtain would be an effective tool to prevent early birds from chirping. In the morning, open the blackout curtain 10 to 30 minutes before you want your baby to wake up, and let him get up naturally with sunlight.

Bath Time

Some families like to put daddy in charge of baby's bath, and I often hear of dad coming home late and waking his sleeping baby to give her a bath. This is not a good idea as far as the baby's quality of sleep is concerned. Our body temperature has its natural cycle of highs and lows, and it is when it falls that we feel sleepy. This means that babies need to be out of their bath at least half an hour before their bedtime routines, so that their bodies can cool down and get ready for sleep. For families whose dads work late, I advise that mom gives the baby her bath, either during the day or early evening, once her body has recovered from giving birth.

Still, if bathing baby is an important dad-and-baby routine for the family, why not give her a morning bath before he goes to work? In the summer months, if the baby is sweaty at the end of the day, wipe her with a soft cloth before bed to prevent heat rash. The other option is to save dad-and-baby bath for weekends and his early nights home.

Babies in Day Care or Nursery School

Parents often ask me about how to schedule a daily routine when their babies are in day care. When moms go back to work while their babies are still very young, the childcare professionals are the ones who will regulate the babies' daytime naps, which is very reassuring for the parents. If you

send your baby to day care, you should be well-informed about her daily routines, and try to keep her weekends in the same rhythm, so that your baby will not be confused.

There is always the problem of bedtime delays, especially if you are working late. (The problem becomes worse around the age of two, when kids just "need" to do everything by themselves!) Instead of pressing your child to hurry up, you should perhaps plan ahead and be efficient, so that you can tuck her in as early as possible. There are many ways for you to save time in the evening: turn off the TV during dinner, cook lots of baby food when you have the time and stock up, delay adult dinner time till after the baby's in bed, etc.

Also, even if you want to make up for the time you can't be with your child during the day, don't play too long and take away the time she needs to sleep. You can tell whether she's sleeping enough by observing your baby: Does she wake up in a good mood in the morning? Does she eat her breakfast? Did she have a lively day at daycare? Pay attention to signs of insufficient sleep, and aim for an earlier bedtime.

A strong bondage with your child doesn't necessarily come from the amount of time you spend with her. Make the most of the half an hour of snuggle time; forget everything else, and enjoy being together with your whole body and mind! You'll soon notice that this intimate half hour before bed has much more meaning than a whole weekend you spend with your child.

Babies with Older Siblings

The other frequently asked question is “What if we have older kids?” If you have children who are in kindergarten, your afternoon pick-up could collide with the baby’s nap time. While the baby is in his early months, you can either try giving him an earlier nap, or time the nap to coincide with the pick-up and let him sleep in his pram. If he wakes up and hasn’t slept long enough, give him a short extra nap later in the afternoon. A second child often becomes a great sleeper because he gets used to sleeping anywhere, being dragged along with his brother or sister’s engagements. Just pay attention to the signs he gives out, and be flexible.

Another concern is bedtime. If the older siblings stay up, it’s more difficult to get the baby to sleep first. But you can always send the older kids to bed much earlier when you want the baby to sleep. Let them all go to bed together at 8:00 pm! You’ll easily notice how great they feel in the morning and stay in good temper all day.

The “snuggle time” in my three-step method is a habit that I strongly recommend for older children as well. You can sit close with them while you nurse your baby, and talk about how it was when they were little. You can also listen to all their adventures of the day. Show them how much you love them. Reassurance will do a lot of good especially if the older sibling is showing signs of regression or waking up at night, in reaction to the birth of a new baby.

By bundling all your kids off to bed at once, you can have a quiet

evening all to yourself, which is not a bad thing! Why not give it a try?

Create Your Own Schedule

When you have tried following a sleep schedule for about a week, you will start discovering the characteristics of your baby’s sleep patterns. Just as there are long sleepers (those who sleep 10 hours or more) and short sleepers (who need 5 hours or less) in adults, how much a baby needs to sleep varies. Find out your baby’s natural pattern of sleep, and modify the schedule to make it just right for her.

You could also make adjustments to accommodate childcare arrangements. My tip for creating your schedule without messing up the baby’s internal rhythm is not to miss the following three points:

- ① The basic principle is always the same: “bright and cheerful in the morning, dark and quiet at night.” Never keep your baby in a fully lit room in the evening.
- ② Wake your baby up by 8:00 am at the latest, and let her go to sleep by 9:00 pm at the latest.
- ③ Don’t let your baby take long naps. Late afternoon naps, in particular, should be kept short to about half an hour. Wake your baby from naps if you need to.

Keeping these points in mind, create your own baby’s schedule by filling in the blank time chart on the next page.

An Extra Tip

Pumping Breastmilk

Breastfeeding is not only good for your baby, but it's extremely convenient and economical! You don't need to pack a lot of stuff when you go out, and it saves you the cost of buying formula. What's more, even in an emergency situation when you have lost access to power or water, at least the baby's food will be secure. So if you are considering switching to bottle feeding just because it will become easier for you to ask for childcare, you really should think twice. My advice is to try pumping and storing breastmilk. I'm sure some day cares will accept frozen breastmilk instead of or in addition to formula.

Hand expression is fine to relieve pressure during the night, but to store breastmilk for regular feedings, it's better to use an electric breast pump. I recommend the Medela pump as its suction is similar to the baby's and less painful. It's a reliable brand, often used in hospitals.

When you bottle feed the breastmilk, choose a nipple that has a small hole. When babies get used to nipples with big holes with fast and easy flow, they may not want to go back to your breast which requires more effort. As for the pumped breastmilk, follow the instructions on freezing and warming.

If you are going back to work while breastfeeding, find a lactation consultant near you, and seek advice.

Your Baby's Sleep Schedule

Create your own schedule by filling in your baby's daily routines and sleep patterns.

Hour	AM	PM
6		
5		
4		
3		
2		
1		
12		
11		
10		
9		
8		
7		
6		
5		
4		
3		
2		
1		
12		
11		
10		
9		
8		
7		