

**"OFTEN WHEN YOU THINK YOU  
ARE AT THE END OF  
SOMETHING, YOU'RE AT THE  
BEGINNING OF SOMETHING  
ELSE."**

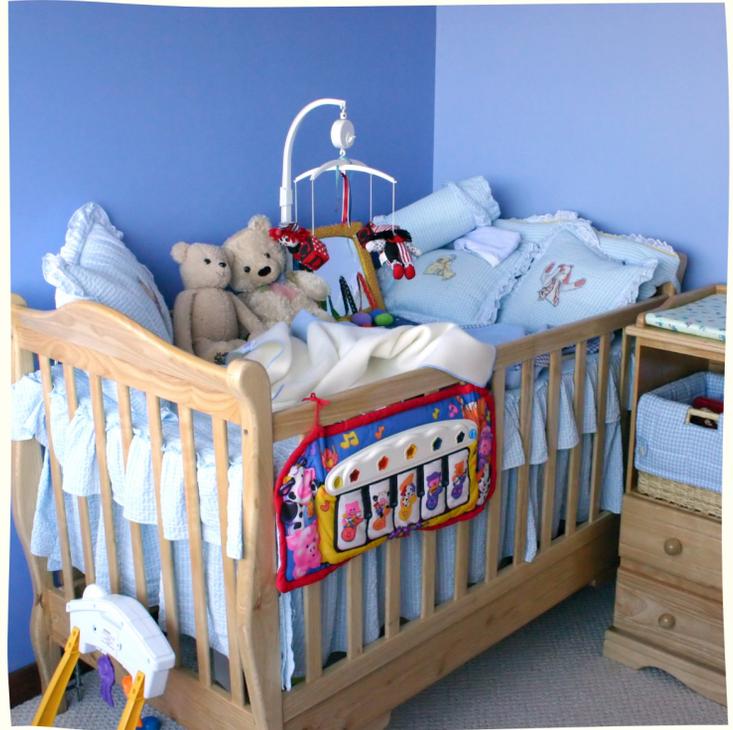
**-MR. ROGERS**

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This guide briefly covers the above topics - remember all children are different and these ranges can vary greatly.

# SAFE SLEEP



Remember the ABC's of sleep.

Babies should be...

- Sleeping ALONE
- on their BACK
- in their CRIB

# SAFE SLEEP REMINDERS

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- Back to sleep for every sleep (if baby is rolling on his/her own that's ok but we should always start on the back)
- Use a firm mattress covered by a tight fitted sheet (avoid soft bedding)
- Crib should be bare - free of all toys, stuffed animals, bumpers, etc.
- Room share without bed sharing (babies can have their own sleeping space such as a bassinet or pack n play)
- Avoid overheating

- Keep all cords and wires away from the crib
- Always check consumer safety reports before buying new or used gear

## Safe Sleep References

[AAP Guidelines](#)

[Safe Sleep Academy](#)

Proud partner of Cribs for Kids



# SLEEP ENVIRONMENT

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A sleep environment that is conducive to sleep is the number one factor that we have control over when it comes to our child's sleep.

- Your child's room should be as dark as possible - make use of room darkening shades or the black film you can put on the window
- Use a sound machine and use only white noise - lullabies and nature sounds are on a loop and can actually train your brain to wake up between cycles

- Keep your child's room cool - between 68 and 70 degrees
- If you use a nightlight, make sure it is red or amber in color
- Keep the room overall comfortable keep toys and distractions to a minimum this is especially helpful when transitioning to a big kid bed

# 4 MONTH SLEEP REGRESSION

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At 4 months of age parents often see a dramatic change in their child's sleep patterns, often deemed by many as the 4 month sleep regression.

This is actually your child falling into a sleep pattern that is closer to an adults. It is marked by increased REM sleep and increased brain maturation.



**PRO TIP**  
**STAY CONSISTENT AND DON'T**  
**CHANGE TOO MANY THINGS**  
**AROUND ... NAPS WILL COME**

For Children who have a healthy sleep foundation set, this transition is very easy.

For children who don't have this sleep foundation now is the time to start working into a schedule and implement sleep training.

- Start working your child into a 3 nap schedule - approx. 9 AM 12 PM and 3 PM
- Normalize wake time by implementing an okay to wake time
- Help them learn self soothing skills if they haven't already - this will include some type of sleep training

# 3 TO 2 NAP TRANSITION

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This is the easiest transition, kids will start fighting or playing through the third nap. This typically happens around 8 months of age.

- Once your baby starts showing signs of not wanting this third nap you'll want to push the second nap to 1230 or 1 PM to avoid super early bedtimes



# 2 TO 1 NAP TRANSITION

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This usually occurs around 15 months  
but can vary greatly

Your child will either start playing  
through the morning nap - easy  
transition

Or

Take the morning nap and not want  
the afternoon nap - hard transition

- ★ If your child decides to be the hard transition - this is the only time I recommend capping naps - do this by shortening your morning nap by 15 minutes per day

# ONE TO ZERO NAP TRANSITION

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Oh sad day - this transition varies greatly as well but usually happens around 3.5 to 4 years of age.

- A lot of kids will try this around 20 - 24 months this is way too early you need to work at keeping this nap
- Once this nap is dropped it is still good to have an hour of downtime each day with no screens - a good option is reading books in their room with low lights

# CRIB TO BED

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It is best to wait until at least three years of age for this transition.

- Climbing out and a new baby on the way are not good reasons to transition
- Wait until kids are able to understand what is happening and what is expected of them - usually around 3 years old
- Have a family meeting to go over the rules before transitioning
- Make it a positive experience

# POINTERS

- Remember transitions take time
- Children may need up to a month to adjust to their new schedule
- Transitions will occur at your babies adjusted age so always use your due date when estimating the next transition
- Give it time and follow your child's cues
- Base your judgement of rather your child needs a nap or not on mood and behavior
- Use the 80/20 rule - be rigid 80 percent of the time be flexible 20 percent of the time



Hi! I'm Mak,

Certified sleep consultant, NICU Respiratory Therapist, wife, and mama of 2! I love music, red wine, and of course getting your family the sleep you all deserve. If you're new here, welcome! If you've been around awhile I hope that I have helped you along the way! I believe sleep help should be available to everyone which is why I have everything from quick phone calls to full in home care! So reach out and let me know how I can help!

Here's to peace, love, and sleep.

Talk soon!

-Mak