



TRANSITIONS GUIDE

MAKENZIE MILLER

CERTIFIED SLEEP CONSULTANT
NEWBORN CARE SPECIALIST
NEONATAL RESPIRATORY
THERAPIST



HELLO

Hi, I'm Mak. Certified Sleep Consultant, Newborn Care Specialist and Neonatal Respiratory Therapist. If you can't tell working with babies is. my. jam.

It all started when I joined the neonatal transport team at a local hospital where I live in Pittsburgh, PA. Not only did I get to take care of and learn about medically fragile babies, I also got to snuggle the peanuts that were close to going home. And duh, that was the best part.

As I watched parents go home I always thought to myself "that has to be so hard" And that's when my business was born. I started as a night nanny to make some extra money and my love for caring for babies in the home grew much bigger than I had ever dreamed it would.

Now, 8 years later I'm certified in sleep and newborn care and I don't have any intentions to stop learning or teaching about all things babies.

I'm happy you found me and I can't wait to help you.

Mak

AUTHOR EDUCATOR



www.maktosleep.com



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FIVE STEPS FOR SAFE SLEEP

1

ABC'S OF SAFE SLEEP

Always sleep your baby
A lone
B ack
C rib



BARE BEDSPACE

No bumpers,
stuffed animals,
blankets, extra
bedding *this
includes mess
bumpers

2



3

COOL AND COMFORTABLE

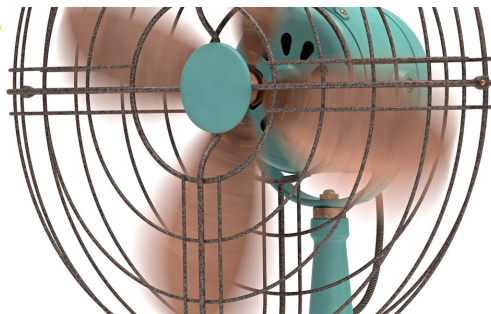
Keep it cool and
comfy hats,
mittens, and extra
clothing are not
necessary



5

CIRCULATE

It's becoming
more evident that
fans and
circulation in the
room can help
decrease SIDS



4

SUPERVISE

Always supervise
babies in swings,
carriers, car seats,
and strollers. If
they fall asleep
they should be
transferred to a
crib



SLEEP ENVIRONMENT

01

COOL

Typically, temperature should be between 68 and 70 degrees. Use your best judgement and make sure it isn't too hot or too cold.

02

WHITE NOISE

Use sound machine that is white noise only. Nature and lullabies can be disturbing to sleep cycles.

03

DARK

Keep the room as dark as possible. Room darkening shades or black window cling work well.

04

REDUCE SCREEN TIME

Reduce screen time at least 1 hour, 2 hours if you can, before bedtime routine starts.

05

RED LIGHTS

Lights should be red or amber in color for bedtime and any middle of the night visits.

06

COMFORTABLE

A general comfortable environment that is cool, serene, and free of clutter is helpful.

The 4 month sleep regression

The four month sleep regression is one of the most common terms you'll hear before your baby is born.

”IT'S LIKE MY
BABY
COMPLETELY
FORGOT HOW
TO SLEEP!

This is often a time when I get a panicked call from parents telling me about how their baby went from a 12 hour sleeper to up every 2 hours.

What is actually going on?

Well, your baby is actually transitioning into an adult like sleep pattern. Instead of two sleep cycles they now have four and they just don't quite know how to deal with it.

As frustrating as it may be, the four month sleep regression is a sign that your baby is learning and developing rapidly.

The four month sleep regression doesn't have to be so bad. And, it definitely shouldn't last more than a couple weeks. Nor should any regression. If that happens then we may have an underlying sleep issue that needs addressed.

It's a perfect time to start working on routines, age appropriate schedules, and consistency. Kids absolutely thrive on consistency and as a tired parent, you will too.



Getting Through the 4 Month Regression

5 STEPS TO SUCCESS

01

Start working your baby into a 3 nap schedule around 830 1230 and 330

02

Develop a routine used for all naps and bedtime

03

Make sure the sleep environment is conducive to sleep: cool, dark, comfy

04

Practice "the pause" meaning wait 5-10 minutes before tending to your baby

05

Stay consistent your baby can and will learn to sleep with your help

Don't worry, this too shall pass.

As with most things with kids, consistency is key. Working into age appropriate schedules, honoring their circadian rhythms, and giving them the time and space they need will help you breeze through the 4 month regression.

It may feel like a sleep regression will never end, but I promise it will. Give yourself some grace during these trying times, it can't always be perfect.



3 to 2 Transition



Around 8 months your baby will be ready to transition to 2 naps.

By 6 months your baby should have fallen into a very solid 3 nap schedule and just when you have it all figured out they decide, "Hey time to switch it up on mom and dad again." Luckily this is the easiest transition to recognize and get through.

What Happens ...

- Around 6 months your baby will fall into a 3 nap schedule
- Around 8 months your baby will drop the third nap of the day which is your 30 - 40 minute catnap
- Typically marked by playing through or only napping for a very short amount of time

What to do ...

- Be patient transitions don't happen overnight you may need 2 some days and 3 the next
- Adjust bedtime appropriately, it may need to come back as early as 630 at this point
- Keep an eye out for sleep cues and honor them, the last thing you want during a transition is an overtired baby

Tip: 8 months is also a common sleep regression babies are typically learning to crawl and like to practice at night. As with the four month regression stay consistent and you will get through it.

2 to 1 Transition



Around 15 months your baby will be ready to transition to 1 nap.

There are two types of kids when it comes to this transition: the easy kind and the hard kind. Yours undoubtedly will be the hard kind, meaning they will take an amazing morning nap and not want an afternoon nap. If you are so lucky to acquire the easy kind your kid will happily start playing through to their afternoon nap.

What Happens ...

- Around 15 months your baby will fall into a 1 nap schedule - freedom
- Your baby's nap will need to start between 12 and 1 o'clock - probably closer to 12
- Typically marked by playing through the morning nap or not wanting the afternoon nap

What to do ...

- Be patient this transition can take up to a month. Offer two naps until your absolutely sure it's transition time
- If you have the easy kid watch those sleepy cues and start nap between 12/1
- If you have the hard kid cap the morning nap by 15 minutes each day until you get down to a one hour nap and keep offering the afternoon nap

Tip: Just like 8 months this is also a typical time for a regression because babies are mastering walking. Stay consistent, hone in on routine, and adjust bedtime accordingly, as early as 6/630.




1 to 0 Transition






This transition varies greatly and will happen anywhere from 3 - 5 years.

This transition is fairly easy. However it can be hard to recognize since there is such a wide range of when it will occur. Just like the other transitions, this won't happen overnight. You may need to offer it some days and not others. At this point you're a pro on sleepy cues so trust your instincts.

What Happens ...

-  You now have a big kid on your hands that needs less sleep
-  Your toddler will start to play through their nap without much effect on their mood.
-  Bedtime has probably started to creep up around 730/8 PM instead of 630/7

What to do ...

-  Offer a nap on days that are high energy or very busy
-  Pull bedtime back again somewhere between 6/630 to start
-  Start implementing quiet time, kids benefit and still shed cortisol with an hour of quiet play in the middle of the day

Tip: Implementing quiet time takes time. It should be in a relatively dark room with no screens. Good activities are puzzles and books. Start with 5 minutes and increase your time by 5 minutes each day as your toddler tolerates it.

Crib to Bed Transition



This transition should happen around 3 years or later.

This transition is likely to tempt you. Most parents will start a big kid bed because another baby is on the way or because their little one started crib climbing. The reality is most kids just don't comprehend what it means to sleep in their own bed until around three years old. So hang on to that crib as long as possible.

What Happens ...

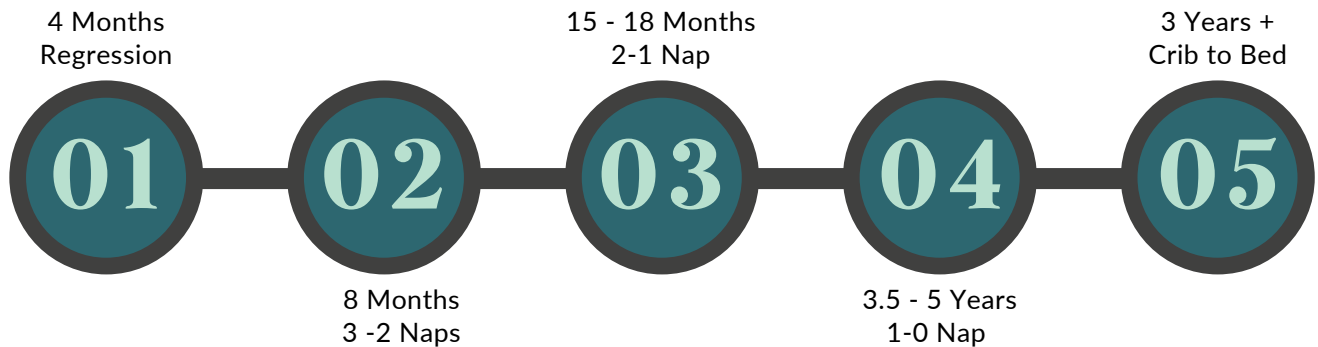
- They might be getting too big for the crib if they can touch both ends of the crib it's time to move
- May start to express they want a big kid bed or have a sudden interest in yours or a siblings bed
- If you're in the process of potty training and your kiddo wants to use the potty at night it's probably time

What to do ...

- Have a meeting to review the rules of their new freedom
- Install a gate or door monkey for safety especially if you have a wanderer or sleep walker
- If you haven't yet, introduce a toddler clock red means bed and green means you can get up

The crib to toddler bed transition is tough. Kids typically like their crib and climb out not because they don't want to be in it but because, well, it's fun! Make sure your child is ready for this big move. Let them know expectations and set boundaries.

TRANSITIONS ROADMAP



Pointers

01

TRANSITIONS TAKE TIME

Just like us kids need time to transition, give them time and space and judge naps on their day not what happened yesterday

02

USE ADJUSTED AGE

Transitions will happen at your baby's adjusted age so if you had an early bed this timing will be off

03

USE YOUR BEST JUDGEMENT

Kids are really good at telling us when they need a nap we just need to watch for the signs, always base your naps on the quality of your day, behavior, and mood

04

80/20 RULE

Use the 80/20 rule nap schedules don't have to be so rigid 80 percent of the time be rigid the other 20 percent of the time go ahead and skip a nap - have a little fun

NEED MORE HELP?

CLICK HERE TO
BOOK A CALL

