

THE SLEEP SENSE PROGRAM

by Dana Obleman



Key Terms: A Handy Reference

As you watch the daily coaching video and read through "The Sleep Sense Program," you'll notice that there are some terms I use again and again.

Just in case some of these terms and phrases aren't familiar to you, I've put together this quick reference guide.

Key phrase:

I recommend a few "key phrases" that you can use to help calm your child before bedtime and when he wakes up during the night. These are simply phrases that you use over and over again to tell your child that you expect him to go to sleep.

Some examples of my favorite key phrases are: "Shhh. It's night-night time," "It's sleepy time now," "It's time for nighty-night," and "You're okay. It's time to go to sleep."

Careful touch:

When I say to use "careful touch," I just mean gentle physical contact with your child.

Examples of careful touch are: running your fingers through your child's hair, stroking her forehead, rubbing her tummy, holding her hand, etc.

Just remember that you DO NOT want to use careful touch to lull your child to sleep! You only want to use it to calm her down if she's getting upset.

Sleep props:

A "sleep prop" is any external thing that your child uses in order to fall asleep.

For example, if your child falls asleep by nursing, then nursing is your child's sleep prop. If your child falls asleep with a soother in her mouth, then a soother is her sleep prop. If you rock your child to sleep, then rocking is your child's sleep prop.



because everyone needs a good night's sleep

THE SLEEP SENSE PROGRAM

by Dana Obleman



IMPORTANT NOTE: You'll hear me recommend that you "get rid of" your child's sleep prop.

But let's say your child's sleep prop is nursing. I'm NOT saying you should stop nursing your child. I'm just recommending that you not let your child fall asleep while nursing.

The same thing goes with ANY sleep prop. There's no reason why you can't rock your baby, give her a soother, etc. You just need to make sure that she's not using it as a way to get herself to sleep!

The reason? Simply because when your child wakes up in the night, the only way she'll be able to fall back to sleep is by using that prop - which means that you have to come in and "put your baby to sleep" several times a night!

Lovey:

A "lovey" is anything like a special blanket or stuffed animal that your child has formed an attachment to.

"Leave and check":

This is "The Sleep Sense Program" method where you, the parent, leave your child's room after you put him to bed, and then check on him periodically. (The other method is the "stay in the room" method, which will be defined below...)

"Stay in the room":

This is "The Sleep Sense Program" method where you remain present in your child's room as he falls asleep each night. (You'll be moving yourself out of the room in stages...)

Magic 10:

When I talk about the "Magic 10," I'm referring to the fact that, for many children, 10 minutes seems to be the "magic" number of minutes they need to self-soothe.



because everyone needs a good night's sleep

THE SLEEP SENSE PROGRAM

by Dana Obleman



In other words, if you hear your child fussing - and you know she's just trying to get herself back to sleep - see if you can wait 10 minutes before checking on her. She just might surprise you and fall asleep on her own!

NOTE: Just to confuse you, I also talk about "Magic Seven." :) I'll define that next...

Magic Seven:

If you hear me say "Magic Seven," I'm talking about 7 a.m.

Especially for older babies and toddlers, I recommend telling them that the day "starts" at 7 a.m., so that is what time they are allowed to get out of bed.

Setting 7 a.m. as the start of the day is great for two reasons. First, it allows your child to get approximately 11-12 hours of solid nighttime sleep (assuming you put him to bed at 7-8 in the evening.) Secondly, it means YOU don't have to start your day until 7!

QUICK TIP: Get yourself a digital clock and some duct tape, and put the tape over the minutes on the clock. Then show your child what a "7" looks like on the clock, and tell him that 7 is the time he is allowed to start his day. Works like a charm!

Nap sabotage:

If your child falls asleep - even for just a few minutes - in the car or stroller on the way home before nap time, it can "sabotage" his nap. In other words, those few minutes of sleep can give your child just enough rest to catch his second wind... which makes it darn near impossible to get him to fall asleep for his nap.

So, if you're on your way home for nap, do whatever you can to keep your child awake until you can put him down for a proper nap in his crib or bed!



because everyone needs a good night's sleep