

Don't Cry it Out!

The Gentle Guide to Baby Sleep

By: Batya Sherizen



Batya The baby coach
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For additional help please reach out!

www.BatyatheBabyCoach.com

Batya@BatyatheBabyCoach.com

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Don't Cry it Out!

Don't want to use cry-it-out with your baby? Then this Sleep Guide is for you! You can begin incorporating all of these ideas slowly, or implement them all at once for better sleep immediately! Although each section is invaluable on its own, they do build upon one another to help create a solid, calm, successful sleep environment for your baby.

Please keep in mind that **a problem only exists when you feel it does**, and as the parent of your baby you know what is best. Only you can determine when to implement changes to tackle your baby's sleep challenges as any plan of action will only be successful when YOU are ready for it.

Now -- I want to get right into this - because I know you're tired and don't have tons of time...but just a few quick things first.

1 I'm a mother of five and a child sleep coach for the past 10 years (and yes, of course all of MY KIDS are champion sleepers!), I've helped thousands of families all over the world, and have been featured on WhatToExpect, ParentingSimply, Kveller and many other national media. And why am I telling you this? It's really important that you know the ideas I'm sharing with you are REAL and they WORK.

2 Trust me, I know how draining and worn out you must feel as a sleep deprived parent...but there is most definitely sleep at the end of the tunnel! But please keep in mind that every child is a completely unique universe, and that's why there is not ONE right way to teach your child to sleep. Yes, everything I'm going to share with you is based on your child's age and personality, but the most important thing is how YOU feel about everything you do! And the parent of your child, your own intuition is the most POWERFUL tool to help your little one.

Alright - now let's get started!

Meet Batya

My name is Batya Sherizen, and I am a mother of four and a child sleep expert. I've been helping families sleep since 2007, but my journey towards becoming a sleep coach began well before then. I'd like to share a bit about how I began my coaching services, and what got me into child sleep in the first place:

When I came home from the hospital with my first baby, I was a woman in love. I promised I would take care of my little bundle. Protect him from all harm. Never let him feel any pain. And so, whenever he opened his mouth to voice a complaint, I immediately fed him. After all, it quieted him, and so, I thought, he must be hungry.

It is all a blur now, looking back, but all of a sudden, my little prince, my pride and joy, was 8 months old, nursing every 20 minutes, and screaming all night. Day and night merged. **I stopped changing into pajamas to get ready for bed. Or maybe it was that I had stopped getting dressed in the morning.**

One night after 1 a.m., my husband found me passed out on the couch while Baby played on the floor. When I awoke the next morning I decided that changes had to be made if I wanted to start sleeping in my bed (WITHOUT my baby) again.



The Questioning Begins

So I made the phone calls. My sister said my only option was co-sleeping. My sister-in-law yelled cry-it-out. My neighbor swore that if I went cold turkey and stopped feeding Baby, he would learn how to sleep in three nights. My best friend said he would grow out of it. My mom just raised her eyebrows. I heard all the confusing, mixed messages over the phone wires.

I dragged myself to the bookstore and was overwhelmed to find a whole shelf on baby sleep. I ended up with authors touting both extremes. One advocated being a human pacifier all night, and the other, leaving my precious baby to scream behind a closed door... for as long as it would take. My eyes widened in horror at both options.

So I searched out the in-between books, those that boasted minimal or no crying, in Baby's crib. But I found that either they exchanged one problem for another, or they simply didn't work. And the more I read, the more I wondered, how had we birthed so many insomniacs?

Myself, all I could think of was snuggling into my pillow and pulling up the covers. I had recurring daydreams of going into my room and turning off the light. But my baby? He'd rather stay up and cry. Why? Was he already displaying self-destructive behavior? Or could it be that he needed less sleep than I did?

I noticed that everything I was reading addressed only the symptoms: night-time wakeups, or not falling asleep, for example. But why was the baby fighting sleep? Wasn't that an important question to consider before closing the door on a crying baby or agreeing to lay immobile all night and be a human pacifier? I thought it was.

Why is Baby Not Sleeping?

So my research changed from sleep-training methods to sleep itself. Circadian rhythm, baby brain development, biology of sleep, sleep patterns, an infant's nutritional needs. I bought more and more books, and I read way too much information online. I spoke to educators and psychologists. Then I tried out all my budding ideas on innocent friends and neighbors, who, like me, weren't sure they would ever get a good night's sleep again.

Slowly I created a system.

My own baby was my first success story. I spent a few days exclusively focusing on his daytime naps, timing them properly and ensuring he did not get overtired. I then focused on making him comfortable in his crib, rubbing his back and cooing to him while he lay ready for sleep. Then I gradually moved farther away and allowed him to develop a comfort with his crib. He was sleeping amazingly within a week, and I realized I was onto something!

(With most of the families I work with, I incorporate this same philosophy of gradually phasing the parents out of the picture - whether it's a 2-month-old or a 2-year-old! Depending on what your child's issues are, you might spend the first night helping your baby get comfortable with his crib... patting him gently without taking him out, helping him calm down with your voice and touch. Once he becomes more and more comfortable with his new sleeping space, you can then move yourself further away, helping him less, and **allowing him to fall asleep on his own while still knowing that Mommy is there for him**).

By the time my second baby was born, I had a system developed. I had already informally coached dozens of fellow mothers, and I was clear on how to evaluate a child's habits and get to the root of the sleep issue. There was going to be no missed sleep, if I could help it, and no bad habits, like nursing all night, that would soon need to be relearned. I gradually eased my second baby into a good schedule. Learning to sleep was not a problem for her - it simply became second nature. And what did I get for it? I had a month-old baby on a predictable schedule, and by two months, she was giving me seven-hour stretches at night. I was vindicated.

At that time, I had a job working for an international outreach organization, and my obsession with baby's sleep was just for fun. But it was growing. Friends with whom I had lost touch would call me up and, after chatting for 10 minutes, would try to pretend they weren't really calling to ask me about their baby's sleep. "But you know, while I have you on the phone..." I loved helping these moms, but when it started cutting into my time with my own kids, I had to reevaluate. So I quit my job and launched BatyaTheBabyCoach.com in 2007.

My System

Here's my system in a nutshell: When parents contact me, I do a free, half-hour phone consultation in which we discuss their baby's issues and their goals. To begin my program, they fill in my extensive two-day log so I can analyze the baby's current habits, his developmental stage, and what issues are the cause of his sleep problem. I then create out a personalized sleep plan catered to this baby's specific issues. **Every baby is unique and there is no one-size-fits-all method.** Then, I offer a one-hour phone consultation to discuss the plan in detail and address the parents' questions. I then hand the parents the ball to follow my step-by-step plan. The success of my programs really lies in the follow-up that I offer, and clients can choose the plan that works for them, ranging from one week of e-mail, to three weeks of daily phone time. All these steps add up to a gentle and practical method that ensures permanent results.

As my coaching service has grown, I have had the privilege to work with families in over 15 countries around the world. And there is no greater feeling for me than helping tired families get back the full night's sleep they need and deserve.

Happy Sleeping,

Batya



Sleep Needs – Know Your Child

Your child's sleep needs are unique. And although there are general averages, it's important to get to know YOUR child's own patterns so that you can ensure he gets the rest he needs.

Newborns sleep approximately 16-19 hours a day (including night-time sleep). It's interesting then, how parents of newborns can seem so sleep deprived, isn't it? Anyone who's had a newborn knows that they don't usually sleep for one long stretch at night. They'll usually sleep for 45 minutes, need to be fed, sleep for another 2 hours, need a diaper change, and then the cycle repeats itself. Hence your all-night-sleep-deprivation saga begins as you enter the life of a new parent. Don't worry, though, this is normal in the beginning!

Keep in mind that you can establish some type of routine (not a strict schedule) early on to help promote long stretches of sleep at night, but it's completely normal to have a newborn that wakes frequently at night. Enlist help from friends and family members to make sure you get the needed rest to have energy to take care of your baby.

As your baby grows older, he will gradually need less sleep. By the time your baby is 3-months-old he will only sleep between 13 and 15 hours a day. There are many variations when the concentration of sleep will be focused, but **the key to promote night sleep is by not allowing too much day sleep.** Also, most babies this age still need 2-3 feedings in the night so don't feel alarmed when your baby isn't magically sleeping 12 hour stretches!

When your child reaches six months of age he will begin to sleep even less and continue to do so through his first birthday. Babies around 9-12 months sleep an average of 12 to 14 hours per day (including daytime naps and night sleep). They can sleep for longer stretches at night because their brains are developing at a slower pace and their tummies are bigger, enabling them to remain fuller and wake less frequently to eat at night.

Below is a chart with the approximate amount of sleep each child needs at various ages. If you find that your child sleeps significantly more or less than these averages below, then you may want to discuss it with your pediatrician. Otherwise don't worry...they're just averages!

Age	No. of daytime Naps	Night Sleep	Approx. Day Sleep	Total hrs. of Sleep
Newborn	3-4	Varied	5-7 hrs.	16-19
1 mo.	3-4	Varied	5-6 hrs.	15-16
2-4 mos.	3	11 hrs	4-5 hrs.	14-15
4-6 mos.	2-3	11 hrs	3-4 hrs	14-15
6-9 mos.	2-3	10 -11 hrs	3-4	13-15
9-12 mos.	1-2	10-11 hrs	3 hrs	13-14
12-18 mos.	1-2	11-12 hrs	2-2 ½ hrs	12-14
2 yrs.	1	11-12 hrs	1-2 hrs	12-14
3 yrs.	0-1	11-12 hrs	0-1 ½ hrs	12-13
4 yrs.	0-1	10-11 hrs	0-1 hr	11

Catching the Right Sleep Window

When children are ready to settle down for sleep – whether for a nap during the day or for sleep at night – their bodies produce certain chemicals and hormones that aid them in winding down. The most well-known hormone is called melatonin, which is produced naturally at the onset of sleep. It aids in muscle relaxation and helps your baby get into a calm, relaxed state for sleep.

All of these body-produced sleep hormones have an optimal time when they are secreted throughout the body. (For babies under one year of age, this optimal time is typically before a nap, approximately 2-3 hours after being awake.) In order to help your child fall asleep easier for naps and bedtime, it's important to catch your child within this opportune window of time.

But what happens if you miss this Opportune Sleep Window? Logically, you'd think that these hormones are secreted in such abundance that your baby becomes absolutely exhausted and simply passes out while playing. However, this is simply not the case. When you wait too long to put baby to sleep, melatonin, serotonin, and various types of cortisones actually get produced inharmoniously and cause baby to get his second wind, become wired, and fight sleep even more!

So how can you track your child's Opportune Sleep Window? Keep a log for a few days, taking note of baby's habits. When is he irritable? How long does he naturally seem to want to stay awake? When is he more prone to fight sleep? Keep your eyes open for those optimal times, and you will see how it contributes to baby falling asleep easier, staying asleep longer, and being a happier, better-rested child.

Predictable Daytime Sleep

Some parents are fortunate to have easy going, relaxed and calm babies that regulate themselves into a schedule, sleep long stretches at night, and never fight sleep. Unfortunately, these types of babies are few and far between. Babies thrive on predictability and function best when their body clocks know what to expect and when to expect it. **Creating – and sticking to – a schedule is a healthy way to enable babies to have their needs met before crankiness sets in.** If an exhausted baby has already become inconsolable, then it is too late! A baby on a routine is a happier, healthier and thriving baby, because he knows what to expect and his mother is a step ahead of the game. She always knows what he needs and when he needs it!

The goal of a routine is not to send your baby to ‘boot camp’ and keep you both enslaved to a strictly regimented schedule 24/7. Rather, a schedule can be your best friend, helping you to predict what your baby will need ahead of time so that you can start doing the things that are needed to be done. Believe it or not, a flexible schedule will help you to tune in to your baby’s needs and foster a loving, symbiotic bond between the two of you.

For example, Sara, mother of six-month-old Alex, contacted me because her baby was extremely irritable in between naps. I first asked her when his naps generally were and how long they lasted. As suspected, she answered me by saying that she’s not sure what time they generally are, but when he rubs his eyes a lot and seems like he can’t stay awake any longer then it’s time for him to nap. Sara shouldn’t need to wait for signs of irritability and exhaustion from her baby before putting him down. She should put him to sleep for a nap BEFORE he becomes overtired, which will enable him to fall asleep easier and better, without being cranky. Sara implemented my gentle routine for Alex and she had a happier, more alert, and well rested baby within a week!

The goal is to have a general outline of each day, with flexibility. Having a specific time and exact minute when your baby will fall asleep won’t only make you neurotic, but it will also create unrealistic goals for your baby’s sleep (Do you go to bed at exactly 10:45 and 47 seconds every night?) Predictability is healthy for both parent and child, as both understand what to expect and how to prevent over tiredness before it arises.

Bedtime Rituals

Bedtime rituals play a crucial role in your baby's ability to wind down and follow predictable cues to go to sleep. It is important to determine which rituals help your baby to relax in preparation for a sound sleep and which ones have an adverse effect.

Although upbeat singing and doing exercises are enjoyable, healthy things to do with your baby, they should not be done too close to bedtime. Some babies become stimulated quite easily, so those exciting, loud activities before bed only create additional stimulation, which is obviously not at all conducive to sleep.

Stage #1 – Winding down and getting calm

There are two stages that help babies relax for bed. The first of these two is an initial wind-down period. You can go from your thrilling activities like baby jazzercise or peek-a-boo to more mellow ones in order to create a more peaceful atmosphere that is favorable to sleep. This transition should take place about 20 minutes or so before actual bedtime. You can begin with a bath, stories, quiet play, etc. I recommend dimming the lights to change the overall ambiance and give your baby the "hint" that bedtime is slowly approaching. You can experiment a bit to see what works for you and your baby and which activities help transition him into a more serene mood.

Stage #2 – Here comes bedtime, let's go!

The next stage is the actual bedtime routine. Allocate the proper time to get your baby into pajamas, nurse him or give him the last bottle of the day, and leave some time to mellow out before sleep. Help him get comfortable in the place you'd like him sleeping for the night (crib, bassinette, big boy bed, etc.) and allow him to get really calm before bedtime. If you are careful to make sure the time is not rushed, it can be one of the most treasured and relaxing moments of the day with your baby.

By doing quiet and predictable activities before he goes to sleep, you will help him enter a peaceful state that he will come to expect daily. This will assist him in following natural cues that promote muscle relaxation and produce hormones to help him wind down properly and fall asleep easily.

Love the Lovey

An attachment object, otherwise known as a transitional object, lovey, comfort object, snuggly, etc. can make a big difference to your baby. It is typically a special blanket or stuffed animal that can play a part in easing separation anxiety and overcoming disrupting sleep habits. Introducing your baby to such an object facilitates the forging of a bond with something that can remain with him all night and comfort him when you are not there. It can make him feel secure and cozy, providing a safety net for him when you leave the room.

If your baby has not yet attached himself to such an object, then you should pick one for him! You should take his preferences into account, but aim for something soft that he can easily snuggle up with at night. When you find an appropriate object, it is safest to buy two in case one gets lost. Babies are very smart and may not accept a substitute even if it looks and feels the same. You'll soon see that **once the bond between your baby and this object is formed, he will accept it with open arms** and should drift off to dreamland without needing you to remain with him at all times.



Drowsy but Awake

Most parents who contact me have difficulty with a baby waking up several times at night. This is almost always due to some type of attachment or dependency on something or someone. Babies are smarter than we may think, and can form habits very quickly and easily. By complying with their requests once or twice, parents help dependency habits to become entrenched and can actually make their children's sleep issues worse!

As a parent, you want to provide for all of your baby's needs – emotionally, developmentally and physically – and **you don't want your baby to feel abandoned or unloved... ever!** At the same time, however, it is important to help him develop healthy sleep habits, so that he can grow properly and so that you will have the energy and patience to take care of him during the day.

“The Transfer”

Many parents make the mistake of putting their baby to sleep in one setting, and then transferring him to another (stroller to crib, mommy's arms to stroller, etc.). This can be exhausting for the parents and very confusing for a baby. It becomes an all-night merry-go-round of getting your baby to sleep in one place and then transferring him to where you'd like him to sleep for the remainder of the night, only to have him wake up - causing you to begin your song-and-dance all over again. The key is to teach your baby both how to fall asleep and stay asleep in the same place on his own - so that you can both sleep better.

Falling Asleep at the Breast or Bottle

It is natural for a newborn to simply fall asleep while sucking at the breast, bottle or pacifier. However, when a baby becomes accustomed to falling asleep in this way, an association with sucking and falling asleep is produced. Often parents of older babies with sleep problems are still struggling with this association! By learning how to get rid of this association, you will enable your baby to fall asleep on his own, while still having the comfort of the breast, bottle or pacifier.

Waking for Night-Time Feedings

Newborns and smaller babies cannot go for long stretches at night without a feeding. Older babies who are receiving the proper nutrition and dietary intake during the day, however, should be able to sleep well through the night (assuming they are sleeping and eating properly during the day as well). By learning what your baby needs and when he needs it, you will be able to help him get better, fuller sleep. For example, a baby who snacks several times a night will never be satisfied and will wake up more often than a baby who simply has one solid, hearty feeding in the night. Also, babies often whimper or cry at night simply because they are coming in and out of different sleep rhythms. Therefore, it is crucial to learn your baby's nighttime sounds in order to better differentiate whether he is actually waking due to hunger, or when he is simply transitioning into various rhythms in his sleep.

Rocking to Sleep, Holding etc.

When you continually rock or hold your child to sleep, you may not realize that you are fostering this habit, since he will be unable to naturally acquire the proper tools to calm himself when he needs to. A baby who does not know how to sleep on his own will only continue to be dependent on an outside source and will never have the restful sleep he needs in order to properly develop and function throughout the day.

So how do you get rid of these dependencies and teach Baby how to fall asleep on his own? The trick is to incorporate a “Drowsy but Awake” philosophy at bedtime. After his bedtime ritual, when your baby is winding down for sleep, put him in his crib while he is still awake but aware of his surroundings. Make sure he is comfortable and ready to drift off to dreamland. (He should be drowsy enough that if you continued to hold, rock, bounce, nurse, etc. he would fall asleep at this point). Encourage falling asleep in the crib – with your help. You can pat him, sing to him, rub his back and comfort him, but try your best not to pick him up and take him out of the crib. He may protest, but that is simply because he does not yet know how to fall asleep by himself! He does not feel alone or unloved because his Mommy is there, helping him along the way. After all, how can he be abandoned if you're right there with him? It will take some effort on your part, but you will soon be pleasantly surprised to see that he IS capable of falling asleep on his own!

NOTE: It is always important to address any medical concerns before making any significant changes in your child's sleep habits.

Have Realistic Goals

The term, “sleeping through the night” is probably the most popular topic discussed among parents with babies. It can also have a variety of meanings depending on each mother. For some moms, it means waking up several times at night to feed a baby and then having him fall back asleep calmly and easily without much hassle. For others, it can mean placing your baby in his crib at bedtime and not hearing from him until morning! Of course we all want our baby to sleep through the night. Who wouldn't? The key, however, is to realize that sleeping through the night may not mean a 12 hour stretch without interruption. You must take your baby's age, temperament, and family dynamics into consideration in order to have reasonable expectations for his night's sleep.

Realistically speaking, until your baby is approximately nine or ten months old, he will still need to have one liquid feeding during the night. However, that does not mean that before this age a baby should habitually wake up many times during the night to be calmed, rocked, walked, etc. From around three or four months of age, a baby that is gaining weight healthily and is on a semi-predictable routine during the day, can usually last about six to seven hours at night without a feeding.

Although there are general guidelines and norms, your baby and his physical needs are still unique. Therefore, it is important to realize that not all 'averages' will completely apply to your child. Make sure that you take all aspects of your baby's daily life (sleeping, eating, general mood, etc.) into consideration when determining if there are changes you can make in order to help your baby “sleep through the night”.

Sleep Success Stories



When I first spoke with Batya, I didn't think she would be able to help me. My baby had been described by everyone as extremely fussy, constantly crying all day long. I was so sleep deprived that I was on the verge of insanity before Batya's sleep program. Thanks to Batya's dedication and hard work (and a lot of hard work myself), my baby is MUCH HAPPIER. He sleeps in his own crib, he has a nap and bedtime sleep schedule and we both have some normalcy in our lives. This was the best thing I could have done for my baby. I would recommend any mother to use Batya's services. She is helpful, patient and passionate about helping both baby and mother have a happier way of life.

-Michal, mother of Nathan

When our daughter was six months old she wouldn't nap. She was crabby all day long, whining constantly – we were living a nightmare. My existence as a mother had

become absolutely dreadful. Batya taught me how to put my daughter to sleep, and have her stay that way. Thanks to Batya, life and order were restored – and I was able to focus on being a better mother to my daughter. THANK YOU BATYA!

-Debbie, mother of Bella

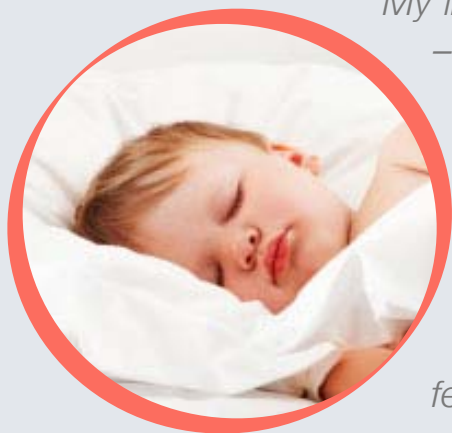
I contacted Batya when my baby was 7 months old. I was co-sleeping and VERY ready for my baby to be out of my bed. He was up all night nursing and having him close by seemed like the only solution for sleep. Well, calling Batya was the best thing I ever did! Now we now all sleep great...and in our own beds too! You won't regret working with her – she's simply the best!

-Meredith, mother of Josh

I didn't want to do cry-it-out with my 7 month-old... Thanks to Batya's gentle methods we were all sleeping a 6 hour stretch after only 5 days!

-Zoe, mother of Aaron

Sleep Success Stories



My life has absolutely changed – for the better! I have to admit that I was a bit hesitant to use Batya. How could someone else help me with my baby's sleep? But, after speaking with her, I just fell in love with her straight away. She was so professional, understanding, and non-judgmental that all of my fears melted away in her knowledgeable arms. Within a week's time there was significant improvement, and after that his sleep progressed beautifully. I'm now a well rested mum, and my son benefits from his sleep as well as having rested parents! THANK YOU BATYA!

-Madeline, mother of Johny

I was so confused by all the information I'd read...I didn't know what would work with MY baby. Batya's Sleep Guide was so realistic and gentle and it just made so much sense. Once I started implementing Batya's ideas, we were so much happier and getting MUCH MORE SLEEP!!!

Pamela, mother of Bella

Thanks to Batya, I now have evenings back to myself. I can leave my twins with a sitter, confident that they won't be up screaming!

-Sarah, mother of Doni and Eli



I hope you enjoyed this Sleep Guide! Because real truth? This 5 letter word has the power to make or break your sanity:

SLEEP.

Now, here's what to do next:

- 1 Come join my sleep community! It is packed with tons of resources and info to help you along your sleep journey. But more than that, you can ask me any question you want and I'll be there for you! I do live streams, weekly question/answers...the works. So being a part of my community is just another amazing way to help you get the sleep you need.

>>CLICK HERE TO JOIN MY
SLEEP COMMUNITY

- 2 You've already taken the initiative to learn more about your baby's sleep, and I really want to help you see changes in your home! So if you're ready to get the sleep ball rollin' let's chat. Together, I'll walk you through my step-by-step method, and I'll tell you all about my Sleep Services, how they work, and how you can get those Zzz's back in your life!

>>CLICK HERE TO SET UP A
CALL WITH ME!

On our call together, we'll:

- ✓ Get to the root of all your baby's sleep fighting, and find out exactly WHY your baby won't sleep
- ✓ Discuss my gentle, proven, method that I've used to help 671 of families sleep
- ✓ Make a game plan together, walking you through my entire Sleep System start to finish so you can get sleep NOW

>>CLICK HERE TO SET UP A
CALL WITH ME!