

Step 3

NIGHT WAKING



sound of sleep
—consulting services—

Step 3: Night Waking

You will follow the steps outlined below each time he wakes during the night.

NOTE: On average a baby that is 6 months of age or older is ready to sleep through the night without a feeding. Once you suspect that your baby no longer requires a night feed, it is necessary to check with your Doctor/Pediatrician to confirm how many night feeds are required for your baby and follow their recommendations.

No night feed

1. If he is crying, wait 10 minutes before you respond to him at all. It is quite likely that he will fall back asleep before the 10 minutes are up.
2. If he doesn't put himself back to sleep after 10 minutes, go in and check on him. Please be sure to check and change his diaper if needed.
3. If there is any crying, you will repeat the same process you did during bedtime the night before (following the Side-By-Side or Space & Comfort Technique).
4. Any waking before 6:00 A.M. is considered a night waking.

Keeping a night feed

1. If he is crying, wait 10 minutes before you respond to him at all. It is quite likely that he will fall back asleep before the 10 minutes are up.
2. If he doesn't put himself back to sleep after 10 minutes, go in and check on him. Please be sure to check and change his diaper if needed.
3. Once the diaper change is complete, provide him with a feeding and ensure that he stays awake. Once the feeding is complete, place him back into his crib awake.
4. If there is any crying, you will repeat the same process you did during bedtime the night before (following the Side-By-Side or Space & Comfort Technique).
5. Any waking before 6:00 A.M. is considered a night waking.



sound of sleep
— consulting services —

