LESSON 1

Key principles of day routines

Based on the key principles for day routines, the age-specific information, and our suggested day routines, take notes below regarding any changes you want to make:

PRINCIPLE 1: Wake your baby up at the same time every day

★ **What time is your child currently waking up in the morning?**

★ **What time is your child currently going to bed in the evening?**

★ **Based on the 2 previous times, what is your child's total night sleep duration (including wake-ups and night feeds)?**

_____ h
_____ h

Rule 1: *If your child is frequently sleeping less than 11h from bedtime to wake-up in the morning (including night feeds and wake-ups), address early morning waking (more on this in Module 8).*

Rule 2: *If your child is sleeping 11-12h from bedtime to wake-up in the morning (including night feeds and wake-ups) do not adjust their wake up time more than 30 minutes earlier or later UNTIL you've consolidated night sleep with sleep training.*

Rule 3: *If your child often sleeps longer than 12h from bedtime to wake-up in the morning (including night feeds and wake-ups) begin to consistently cap their night sleep at 12 hours, in order to achieve a well-balanced day routine.*

★ **Based on the rules above, what's the desired wake-up time for your child?**

Use this as the foundation for building your child's age-appropriate day routine.

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PRINCIPLE 2: Observe age-appropriate awake times

Circle your child's ideal awake time on the chart below:

DAY SLEEP NEEDS & AWAKE TIMES

AGE	AWAKE TIME	TOTAL DAY SLEEP	NUMBER OF NAPS
4 months	1.75-2 h	3.5-4 h	3-4
5 months	2-2.25 h	3.5-4 h	3
6 months	2.25-2.5 h	3.5 h	3
7-8 months	2.5-3 h	3-3.5 h	2-3
9-12 months	2.5-4 h	2.5-3 h	2
12-15 months	2.5-4 h	2.5-3 h	2
15-18 months	3-5 h	2-2.5 h	1-2
19-24 months	4.5-5.5 h	2 h	1

**Night sleep is 11-12h for all ages*

PRINCIPLE 3: Be observant of your little one's tired signs

Look at the graph below and make a note of which tired signs you've noticed with your own child.

EARLY SIGNS OF TIREDNESS

decreased activity
slower movements
"talking" less
quieter
disinterested in the environment
weaker sucking at breast/bottle
heavy eyes
red eyebrows
yawning
rubbing eyes
increased activity
irritable
hyperactivity
whining
loud babbling or screaming
crying
arching back

LATE SIGNS OF TIREDNESS

My child's early tired signs:

If you haven't paid attention to tired signs so far, we encourage you to do so starting today.

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PRINCIPLE 4: Focus on encouraging a long, restorative midday nap

Is one of your child's naps regularly 1.5-2 hours long?

☐ Yes ☐ No

***If NOT**, NAP EXTENSIONS will need to be a key focus for your sleep plan.*

If YES, does this nap take place in the middle of your child's day?

☐ Yes ☐ No

***If NOT**, then make note you will most likely need to adjust this as you create your child's optimal day routine. We don't recommend the morning nap, if relevant to your child, to be the only long nap of the day, as this often leads to overtiredness in the evening and early morning wake-ups.*

Does your child regularly take 2 longer naps of 1.5-2 hours each?

☐ Yes ☐ No

***If NOT,** we suggest you choose the "short - long (- short)" day structure from our age-specific routines in Lesson 3 of Module 4.*

If YES,** you can choose the "long-long(-short)" day structure.***

**Keep in mind, this day structure can be more difficult to maintain once you've weaned all sleep associations and your child is no longer struggling with overtiredness. If after the sleep training process the midday nap starts to become shorter or is very difficult to extend, we suggest you switch to the "short-long(- short)" day structure*

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PRINCIPLE 5: Use biological sleep windows to your advantage

Using your ideal morning wake up time as the starting time of your day, and the biological sleep window information below, calculate the biological sleep windows for YOUR child's schedule.

According to a 7am wake up, the biological sleep windows are as follows:

Morning nap: 9-10am
Lunch nap: 12-2pm
Bedtime: 6-7pm

For example, if you calculated your child's ideal morning wake up time to be 6:15am, then their biological sleep windows would be 8:15-9:15 (morning nap), 11:15am-1:15pm (lunch nap), 5:15-6:15pm (bedtime)

Based on the information above, write out your child's biological sleep windows below:

Morning nap: _____

Lunch nap: _____

Bedtime: _____

KEY POINTS TO REMEMBER:

- Remember, the sleep windows are not the exact time and lengths of your child's ideal naps, but rather give you the ideal range of time where your child's naps should BEGIN. This is when they will fall asleep most easily, and have the most restorative sleep.
- We do not include the 3rd nap because there is no natural sleep window at this time. If your child is still doing 3 naps, this "forced nap" will need to happen in between the midday nap and bedtime.