



### 3.1 MOTORIC DEVELOPMENT

★ Which of these developmental milestones has your child mastered so far:

- Rolling
- Tummy sleeping
- Army-crawling
- Crawling (on all fours)
- Pulling to a stand
- Cruising
- Walking

★ Have you noticed any new developments in the last 2 weeks?

If so, which, if any, of these signs of a motoric leap have you noticed in the past 1-2 weeks:

- Sudden long awakenings in the middle of the night (especially between 1-3 am)
- More night wake-ups
- Struggling to settle for naps and/or bedtime
- Signs of trying to practice their new skill in bed (even when sleeping!)

***If you ticked 2 or more of the boxes above, your child might be going through a motoric leap. Check out the Troubleshooting module for more detailed information on each specific motoric development, and how to respond while still working on your child's sleep.***



### 3.2 SEPARATION ANXIETY

★ **Which, if any, of these signs of separation anxiety have you noticed recently?**

*(We assume that you are the primary caregiver, and that your child's separation anxiety is mainly shown in relationship to you. If this is not the case, substitute "you" with whoever the primary caregiver is in the statements below).*

- Clinginess
- Looking for you or crying out when you leave the room or are out of sight
- Crying in response to you leaving the house
- Preferring you over any other caregiver
- Refusal to be taken care of by anyone else when you are around
- Wanting to be held more than usual

***If you checked 3 or more than boxes above, your child might be going through a period of heightened separation anxiety.***

★ **Which of these extra measures will you be adding to your sleep plan?**

- Add intentional connection times that involve both emotional availability and physical touch into your daily schedule (a minimum of 2x10 minutes, where your attention is fully on your child).

***Examples of connection time*** : a walk with your child in the carrier, snuggle time on parents' bed, reading books together, rough-and-tumble play, etc.

- Practice short times apart, where your little one is cared for by someone you trust and the child feels comfortable with.
- Give your little one lots of quality alone time with the other parent/caregiver
- Involve the other parent/caregiver in bedtime rituals
- Have the other parent/caregiver handle stroller naps



### 3.3 REGRESSIONS

#### Is your child 4-6 months old?

★ Which, if any, of these signs of the 4-month sleep regression have you noticed in the last 2 weeks?

- Increased night wake-ups (even 1-2 hourly) compared to a month ago
- Short naps (30-40 minutes) when previously baby was doing long naps
- Requires a pacifier / feeding / rocking / movement to fall asleep
- Suddenly requires more assistance to fall asleep / fights sleep more

*Since the 4-month sleep regression is actually a progression in sleep development, these signs may not subside even after your baby has gone through the acute developmental period.*

#### Is your child 8-10 months old?

★ Which, if any, of these signs of the 9-month sleep regression have you noticed in the last 2 weeks?

- Difficulty settling to sleep
- Short naps when previously baby was doing at least one long nap
- Increased night wakings compared to previously
- Early morning waking (usually a result of the short naps)



**Is your child 12-14 months old?**

★ Which, if any, of these signs of the 12-month sleep regression have you noticed in the last 2 weeks?

- Fighting naps (often the second nap is a bigger struggle)
- Increased separation anxiety and tantrums
- Secondary night wakings or early morning rising due to overtiredness

**Is your child 18 or 24 months old?**

★ Which, if any, of these signs of the 18- or 24-month sleep regression have you noticed in the last 2 weeks?

- tantrums
- power struggles before bedtime “one more drink...; one more kiss...; one more...”
- getting out of bed
- keeping themselves awake.

***If you ticked 2 or more boxes for your child’s age, it is likely they are going through a sleep regression. Check out the Troubleshooting module for more detailed information on each regression, and how to respond while still working on your child’s sleep.***