

This 90 minute effort resulted in roughly 80 minutes of baby sleep, 40 of which was in the crib, only 21 minutes without some comforting by mama.



9:25 Nurse to sleep

1:04 Hold sleep in arms

1:50 Swoy above crib

4:40 Put and shush in crib

:49 The baby sleeps in crib

6:24 Bounce baby back to sleep

1:549 Hold baby asleep

9:21 Put and shush in crib

5:39 Put and shush in crib again

19:50 The baby sleeps in crib

3:03 Put and shush in crib

5:03 Rock and swoy, give up

BREAKDOWN OF AN 80 MINUTE CRIB NAP FOR A 13 WEEK OLD BABY BY A FIRST TIME MAMA

Lately, I have tried to do at least one crib nap a day

My obsession of getting her enough sleep has yielded some success with easier nighttime sleep

Unfortunately, spending my days getting, holding, and watching her sleep has caused my own insomnia.

Some Rules for Proper Baby Sleep

Back is Best. On a firm mattress.

A nap in motion is not as good as a still nap. So strollers, carseats, carriers are not as good as a crib or bassinet.

Use of swings and rockers are not good, they can become crutches and are not safe for long term sleep.

You should put the baby to sleep drowsy but not asleep, try to follow Eat, Play Sleep.

Try to avoid nursing the baby to bed.

A good schedule for a 3 month old might be 3-4 naps throughout the day around 1.5 hrs a nap.

Also, young babies are biologically, developmentally unable to do this.

One thing I did not know about babies is that they do not know how to put themselves to sleep.

You have to help them sleep, and they need a lot of sleep in the day time in order to sleep well at night.

There are a lot of rules for proper baby sleep and negative sleep associations/crutches to avoid.

ONE PAGE BOOKS

HOW TO TRY TO GIVE A BABY A NAP

IMIN YEH

