

Piece by Piece
together we will
FIND SLEEP

by Louise la Puericultrice

Sleep and **Development** *Ladder*

The Importance of Meeting the Child's Needs in the Right Order

Your child's needs change as they grow, and at each stage of development new needs emerge. Each need must be fully met before the next can be met too. If basic needs are not solidly fullfiled, it will be difficult to meet more advanced needs.

We cannot help you child stop waking up at night, without following the progression of his needs from the most basic to the most complex.

So what to start with ?

- First of all, you need to ensure your child's in **health**, by checking that there are no underlying pathologies.
- Then, it is important to meet their **sensory needs**, by creating a soothing and suitable environment.
- Then, you need to establish the conditions necessary for the expression of **sleep biology**.
- Then, you can start working on meeting the needs for **connection** and attachment, It will come together with the needs for **exploration** and **autonomy**.
- Finally, we can take into account **psycho-cognitive and social needs** for harmonious and serene development.

By meeting basic needs first, you create the conditions for addressing more complex needs.

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If your child's sleep is not always linear, it is because at each stage, with each new need that blossoms, he must find his balance again, find his marks again.

1 month — Health — Sensory

4 month — Sleep Biology

6 month — Balance Attachement - Exploration

1 year — Cognitive — Social

- Sensitivity/Emotion (feeling understood)
- Flexibility
- Boundnaries

- Feeling accepted
- Belonging to this family
- Cooperate
- Feeling effective
- (self-esteem)

Remember that every new skills your baby gets are here to work for you, not against you. Every new needs flourishing lead them to a deeper sleep with longer stretches, only if we know how to use theses needs.

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Symptoms Check-up

Family and Birth Anamnesis _ Symptoms Assessment

Child's name : _____ Date of birth : ____ / ____ / ____

- ❑ Breastfeeding
- ❑ Breastmilk
- ❑ Formula
- ❑ Smooth purée
- ❑ Minced - Lumpy
- ❑ Chopped

Reason(s) for consultation: _____
_____
_____
_____

Term of Birth : _____ Birth weight : _____ (percentil) _____

BIRTH

- ☐ Vaginal Birth
- ☐ Spontaneous rupture of membranes
- ☐ Labour with no assistance
- ☐ Labour with drugs assistance
- ☐ Induction
- ☐ Caesarean Section planned
- ☐ Particularly fast birth
- ☐ Extended long pushing stage
- ☐ Manual rupture of membranes
- ☐ Emergency Caesarean Section
- ☐ Pre-eclampsia
- ☐ Forceps or Vaccum
- ☐ Breech position
- ☐ Malpositioned delivery (nuchal hands, etc)
- ☐ Wrapped or knotted umbilical cord
- ☐ Fetal distress (a slow heart rate)
- ☐ Initial delay in breathing
- ☐ Anticipated cord clamping
- ☐ Delayed discharge (jaundice, infection risks, etc)

IN CASE OF BREAST FEEDING

- ☐ Lipstick-shape nipples
- ☐ Blistered or cut nipples
- ☐ Pain during nursing
- ☐ Decreasing milk supply
- ☐ Plugged ducts/ engorgement /mastitis
- ☐ Nipple thrush
- ☐ Using a nipple shield
- ☐ Baby prefers one side over other

FAMILY ANAMNESIS

- ☐ Maternal low iron in pregnancy
- ☐ Anemia or any mineral carentia
- ☐ Head-hach and migraines
- ☐ Hyper - Hypothyroidie
- ☐ CMA or Intolerances
- ☐ Restless leg syndrome
- ☐ Asthma
- ☐ Eczema / Atopy

Symptoms Check-up

Please tick ✓ the symptoms that was part of your postpartum
and circle those that are still a challenge in your today's life

GAS AND BURP DISTURBANCE

- [ ] Spit up / Reflux
- [ ] Difficulty burping
- [ ] Gassy
- [ ] Bloating tummy / Rock Tummy
- [ ] Tummy pain
- [ ] Constipation
- [ ] Explosive, smelly and frequent stools
- [ ] Tendency for Nappy Rash
- [ ] Reflux/Vomiting (with loosing weight)

FEEDING DISTURBANCE

- [ ] Baby Seems always hungry and not full
- [ ] Taking extended amount of time
- [ ] Hipcupps often
- [ ] Baby is frustrated at the breast or bottle
- [ ] Slides or pops on/off the nipple/bottle
- [ ] Falls asleep in the middle feed
- [ ] Gumming or chewing the nipple
- [ ] Clicking or smacking noises when eating
- [ ] Gagging, choking, coughing when eating
- [ ] Milk leaks out of the mouth when feeding

- [ ] Shallow latch / Not deep latch
- [ ] Short bursts of sucking without adequate pauses (Uncoordinated Suck/Swallow/Breath Sequence)
- [ ] Overuse of cheeks/jaw
- [ ] Lip curls under when nursing/bottle

HYPERTENSIONS

- [ ] Often fussy / Easy and highly irritability
- [ ] Short sleeping and waking often and easily
- [ ] Baby moves a lot in sleep/kicks/restless sleep
- [ ] Needs motion to calm down
- [ ] Tummy Time difficult
- [ ] Swaddle is not possible
- [ ] Side or stomach position doesn't work
- [ ] Pacifiers falls out easily or won't stay in
- [ ] Prolonged pacifier sucking
- [ ] Sleep with head at extended angle (odd position)
- [ ] Nose sound congested often
- [ ] Snoring, or mouth breathing at night
- [ ] Mouth open during the day
- [ ] Torticollis - Strong side preference
- [ ] Strong head control / Very "strong" neck
- [ ] Tucked legs (diaper changes difficult)
- [ ] Rolling over early

the *Sleep Journal*

Understand better what is going on and what we can do to support your child's sleep

The sleep journal is a precious piece to have about your child.
It gives us to step back and put our eye on the big picture and see:

- **How your child needs interacts and lives within the rhythm of family life.**

- **How their biological rhythm is settling, (ruling out sleep deprivation)**

- **and How we can analyze the patterns and draw out possible solutions.**

You don't need to write things down to the exact minute. It's more about having a clear overall view.

And if it helps, you can split each hour into three 20-minute slots, which gives us a better look through details.

➛ Ideally, you fill it in for **10 days in a row** (7 days is okay too, but the very minimum).

After that, we'll go over it together.

the Sleep Journal

Name of your child : _____ Date of Birth : ____ / ____ / ____

Journal Keys Entry : (blank) Awake ↓ Put Down ↑ Pick Up Sleep or Rest C Crying

Date	20h	21h	22h	23h	24h	1h	2h	3h	4h	5h	6h	7h	8h	9h	10h	11h	12h	13h	14h	15h	16h	17h	18h	19h	QN	QJ	Notes

Notes (time, duration, comments) about these (during the period of time the journal covers)

- Outdoor time
- Social interaction
- Meal or snack

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the *Sleep Journal*

the whole picture under our eyes
and sleep deprivation check point

HOW TO FILL YOUR *BABY SLEEP JOURNAL*

Length of Bedtime
The pattern and the latency period between bedtime and falling asleep

Night awakening & Sleep Latency
The time and latency of nighttime awakenings and the overall pattern at night.

✦ Awakening mood
How your child's overall behavior and mood when waking up, from 0 to 10

✦ Morning wake-up
The regularity (or not) of his start-of-the-day wake-up time

✦ Total Sleep hours
The actual number of hours of sleep (not estimated) over a 24-hour period

✦ Daytime Mood & Development
Quality of the day according to your child's mood, from 0 to 10

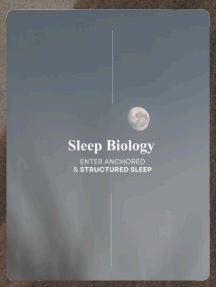
All these elements give us precious clues about what might be in the way of your child finding sleep and help us identify the solutions.

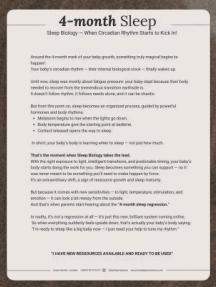
But because the number of night awakenings, resistance at bedtime, or the time your child goes to sleep <u>are not</u> signs of sleep deprivation,

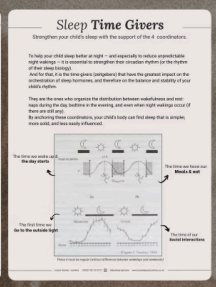
To make sure your child is not in **Sleep Deprivation** and is getting the rest they need for their development, **the 4 starred items** ✦ are what we are gonna have a close look at first.

What's next?

Guiding you through that whole repertoire
we're gonna build to help family sleep!





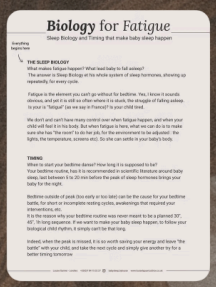


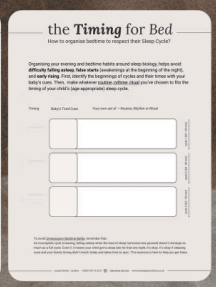


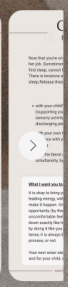
BONUS

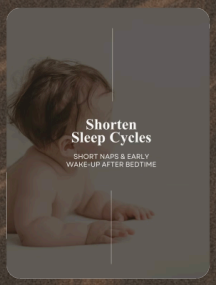
The content that
is gonna wrap up
our Preparation

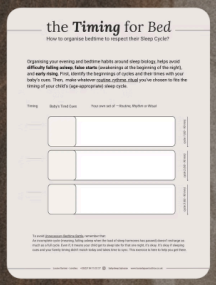


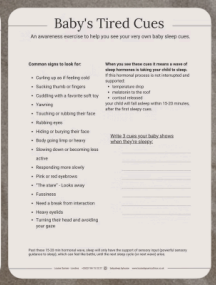




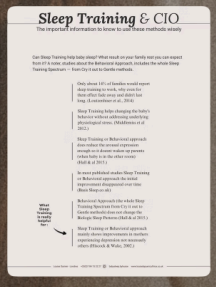


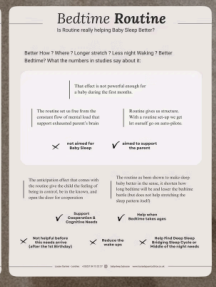














Explore the Repertoire

Open **"the Presence"**
and access more tools

Help baby sleep in a *10 Steps-Journey*

Breakdown subtle evolution to map out your progress

Decode your **Baby's needs**

Understanding what causes **Distress**

With their Sensory Profile **Find Baby Calm**

Reduce the **Intensity** of distress

Reduce the **Duration** of distress

Sleep Biology, Wake-ups, & Sensory Bridge

Find **Calmer** Bedtimes

Expectations Sleeping through the night & The truth about Bedtime (Routine)

Create a **Predictable** Sleep

Reduce **Night awakenings**

Creating a **Bedtimes** that works

Find **Cooperation** at Bedtime

as the **Learning of Autonomy** progress

Reduce nighttime **Parental interventions**

Parental Well-Being & Team Making (Support)

Making strategies **Sustainable**

Whether it is to establish the foundations for good sleep from the arrival of your child or to get sleep back on track after a disruption, each of these 10 steps builds on the knowledge and skills acquired in the previous one. In this way, you and your child can fully move on to the next step only once the current one is mastered. For example, you won't be able to reduce night wakings without first learning how to soothe the crises and find calm.
Dad, Mum, and every caregiver will move through these 10 steps in their own way and at their own pace.

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