

SLEEP ISSUES? Here's a Fellow DayOne Mom's Advice and Experience:

Are you ready for sleep? Then give Karen Kesti a call and you won't regret it!

Hi! My 19-week-old son just finished his first week of sleep training. Am I glad we had Karen come over to help us out? Definitely!

Before Karen came into our lives, our son had been sleeping swaddled in a swing, car seat or on me for naps and at bedtime. This sleep pattern has been in place since he was 6 weeks old. When he turned 3 months old we were ready for a change and wanted to take back control of our bedroom. He needs to be in his room!

We finally made the call to Karen when our son was 17 weeks old. We briefly shared our story and she asked some questions. My husband and I were both comfortable with her and we decided to have her come to our home to assist us with a nap and night sleep routine. We invited my mom to the consultation, since she takes care of our son once a week. We all learned a lot during the 5 hours that Karen spent with us. It was like attending a seminar.

We thought we had our son on our schedule, only to find out that he designed the routine. As Karen said, "His designer lifestyle is going to come to an end." She reviewed our 3-day feed/sleep log and discovered that he:

1. Takes a lot of short naps.
2. Eating often.

Our challenges:

1. With more mobility and activity there is a resistance to sleep.
2. Prefers to snack and take catnaps.
3. He has learned to survive on 30-minute power naps.
4. Being swaddled.

What did Karen do for us? She provided us with the following information and tools:

1. A general understanding of sleep.
2. Calories needed for his age for sleep/growth.
3. Developmental tasks.
4. Positive association related to sleep.
5. A feed/sleep routine

As the time was at hand for our son's nap, Karen put into practice her "Sleep Association Method," a healthy alternative to "Crying-It-Out". My mom was doubtful that Karen would succeed putting him down for a nap. Was it is easy? No. Did it work? Yes! Were we all amazed? Yes! My mom confided in Karen and told her, she didn't think that it was going to work at all. Mom said, " After 13 grandchildren I thought I knew everything that there was to know about sleep. I learned something new today and I will follow it for daughter and her family. I want them to be successful!"

It was the first time ever that our son slept in his crib! We saw the light at the end of the tunnel. There is hope and your family and friends will understand and be supportive. We are now armed with the tools we need to help our son with his nap/sleep routine. We plan on having a second child and we will definitely call Karen to help us again. Thank you Nana Karen!!

Cheers!

DayOne Mom

P.S. If you want to know more, please feel free to contact me through Hilarie. (hilarie_hsu@hotmail.com)

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Questions & Answers

1. Is it easy?

No, it's not easy and you have to be diligent with the schedule. Remember it's all about routine, routine, routine!!

2. Will I be house bound?

No. For our schedule, we have two opportunities to be out. The first short outing is between naps #1 and #2, usually around 10:45-11:30am and then again between 1pm-5pm (+/- 30 minutes).

3. Will your family and friends understand your new schedule?

Yes, they will. This last weekend, we were able to attend a block party in San Rafael (we live in East Bay). Everyone there understood that we had to leave early to put our son down for the evening. Did we want to stay? Yes, we did but we knew in the long run that this would benefit our family. Surprisingly, everyone was supportive and told us to get out of there. With some saying don't worry it will get easier.

4. My child is screaming at me? What am I doing wrong?

No, he/she is complaining because they don't want to be put down or they are overtired. You will quickly learn the different types of "crying". And no you're not doing anything wrong. Remember not to take it personally.

5. This method doesn't involve crying, but isn't there some crying involved? If so, how long?

The type of crying you will hear are complaining, protesting and baby feeling sorry for him/herself. You will hear it during and before assisting them to sleep. You'll also find that as they get use to the schedule they will learn/ experiment with new cries so that you lure you in to sooth them.

6. We plan on following the suggested schedule, but we like to go places during the weekend as a family. Can we?

Yes you can, but Nap#2 needs to be on time and in crib. At least for us it does.