



Infant and Toddler Sleep Basics 101

April 6, 2021
Talks on Tuesdays Webinar


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Virginia Department of Behavioral Health & Developmental Services




Infant & Toddler Connection of Virginia



VEIPD




VCU
School of Education
Partnership for People with Disabilities



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A little bit about me!



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How did I fall into
sleep consulting?

3

Newborn sleep cycles

- Newborns spend about half the time in REM sleep vs. the usual 25% in adults.
- Newborns dive into REM and then transition into what we call quiet sleep.
- While in REM, newborns will twitch, move a lot, smile, and make noises.
- In quiet sleep, breathing becomes slow and they rarely move at all.



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When do they mature?

- It isn't until around 3 or 4 months when you will see a baby's sleep patterns begin to mature.
- 4 month regression



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TRUE OR FALSE

Keeping a newborn up all day will help them sleep better at night.

Poll question.



6

Encouraging healthy newborn sleep foundations

Starting with a healthy foundation from Day 1

Environment

Safe Sleep

Routine

Soothing Baby

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Environment

8



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The 5 S's

By Dr. Harvey Karp

- Swaddle
- Suck
- Side Lying
- Shush
- Swing

A small inset video frame showing Dr. Harvey Karp, a man with glasses and a blue shirt, speaking. He is gesturing with his right hand. The background is a bookshelf filled with books.

THAT'S GOING TO KEEP YOUR BABY FROM FLAILING AROUND AND UPSETTING THEMSELVES EVEN MORE.

A photograph of a baby lying on its back, wrapped in a beige swaddle blanket with a white swan pattern. The baby is smiling and looking up. The background is a white, textured surface.

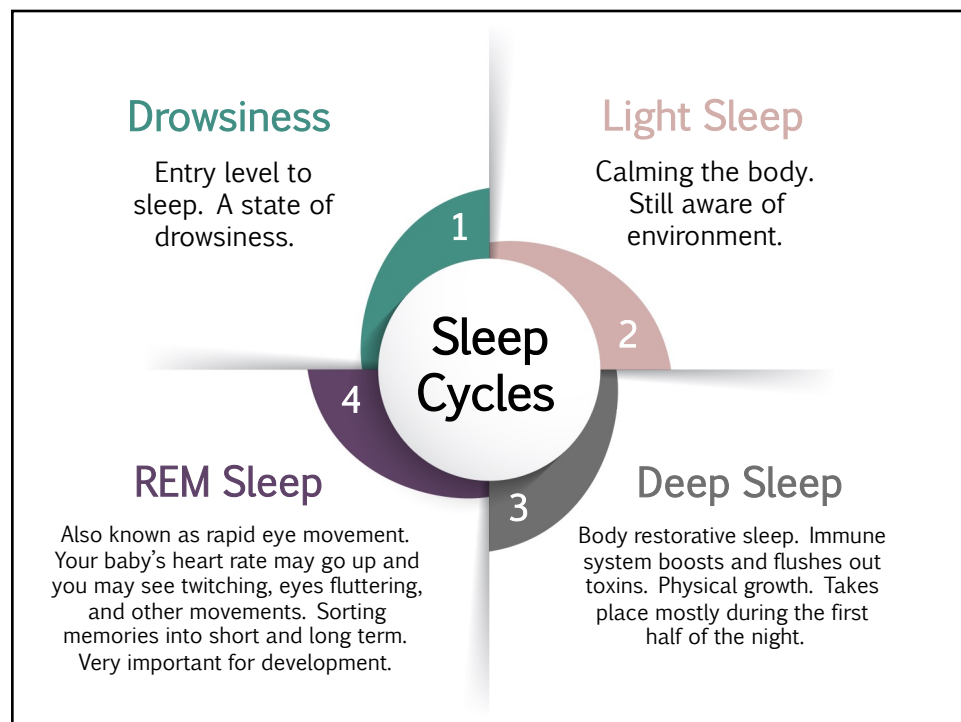
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What are some of the common sleep problems that the families you work with say they are experiencing with their newborn or infant?



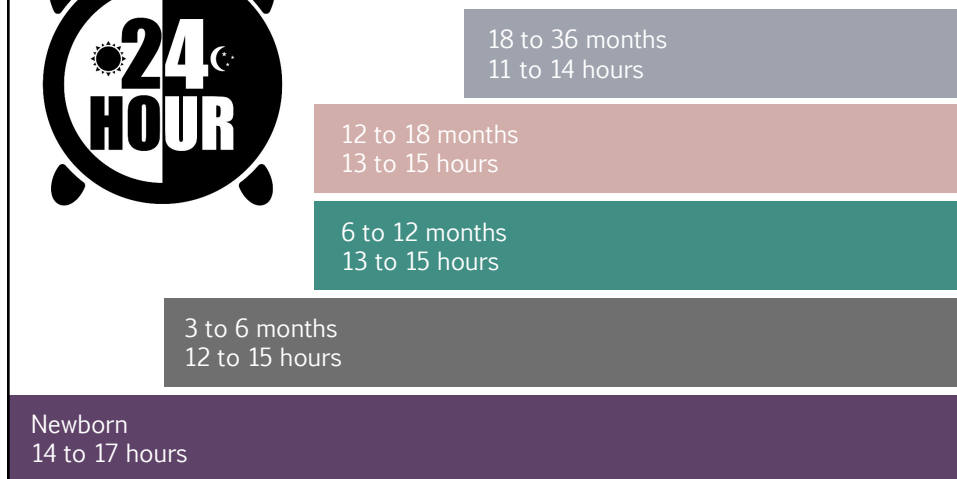
Share your response in chat.

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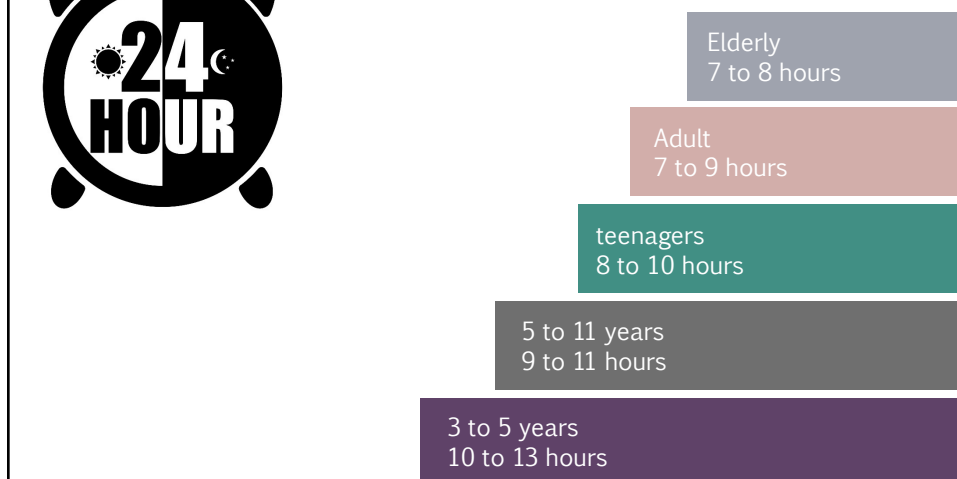
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How much total sleep needed in a 24 hour period?



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How much total sleep needed in a 24 hour period?



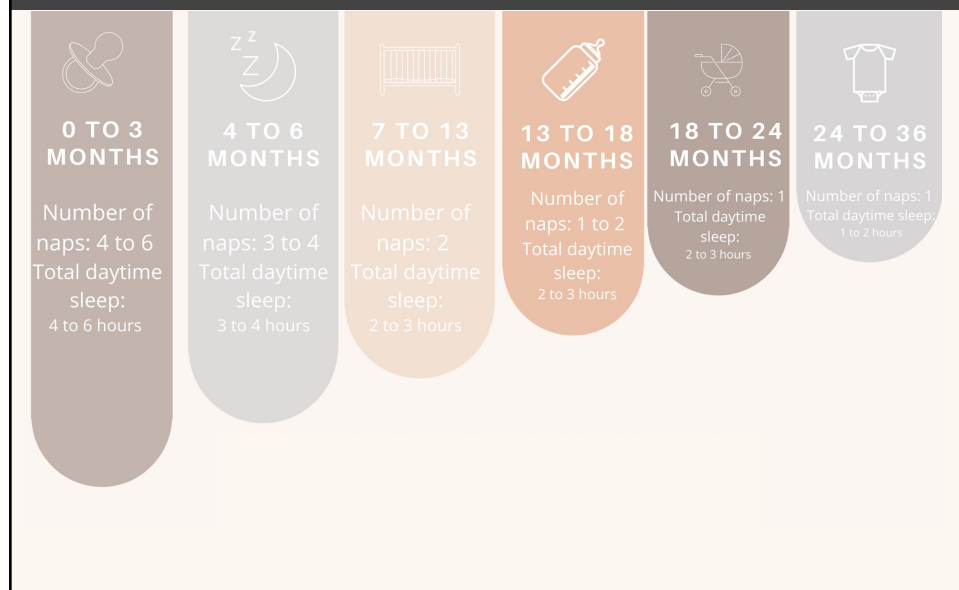
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Age Appropriate Wake Windows



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Amount of Sleep and Number of Naps



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Schedules vs. Wake Windows

- As a sleep consultant, I personally like to suggest following wake windows until around 6 to 8 months
- This is when a baby typically drops to 2 naps a day
- It is then possible to get on a “set schedule” for naps and bedtime

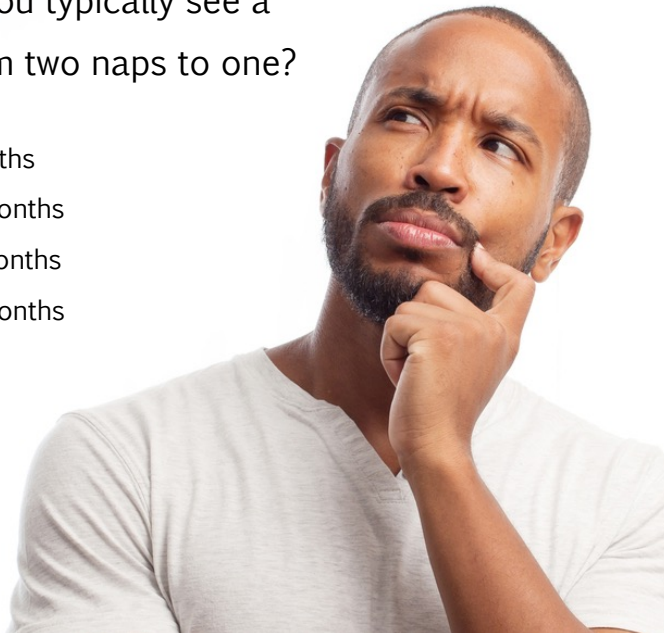


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When would you typically see a child drop from two naps to one?

- a) 6 to 9 months
- b) 10 to 13 months
- c) 14 to 18 months
- d) 19 to 24 months

Poll question.



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Regressions


- 4 months
- 6 months
- 8 to 10 months
- 12 months
- 18 months
- 24 months

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4-month regression

The first in the series!

- Sleep Cycle changes
- Exhaustion kicks in
- You will do anything to get your baby back to sleep in the middle of the night



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Regressions *cont.*

- 6 months
- 8 to 10 months
- 12 months



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Regressions *cont.*

- 18 months
- 24 months



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Toddler Sleep

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Key elements of toddler sleep

1. Communication
2. Nutrition
3. Emotional Well Being
4. Consistency



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What's the
biggest
challenge you
see with
toddlers and
sleep?

*Share your
response in chat.*

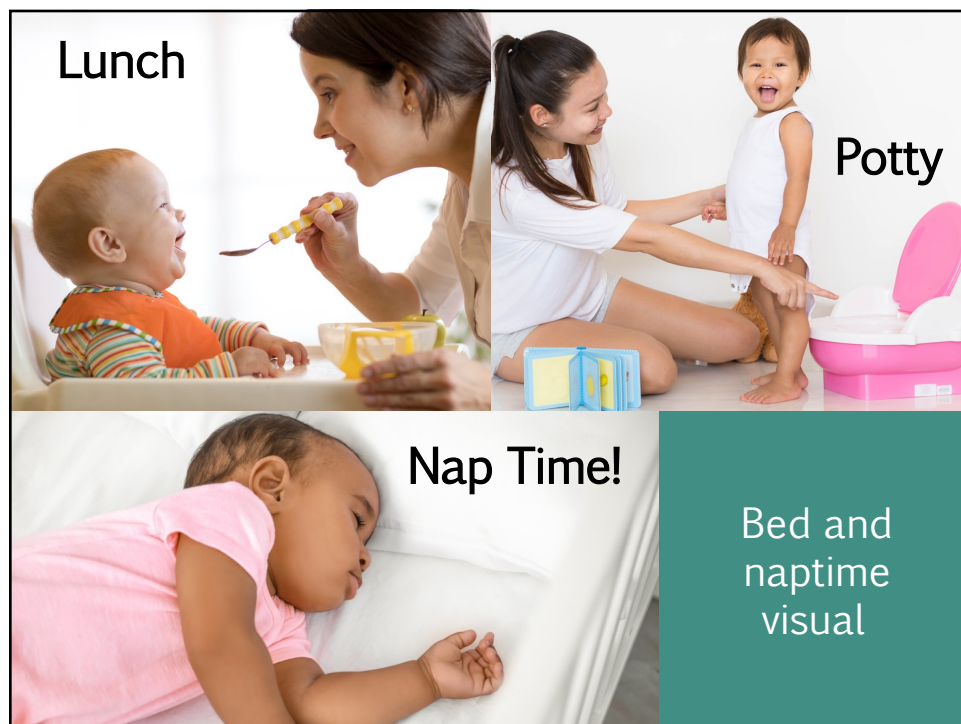
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 Integrated Training Collaborative's
Talks on Tuesdays Webinar

**Infant and Toddler
Sleep Basics 101**


Corinne Di Hile
Virginia Early Intervention
Professional Development Specialist

April 6, 2021

DATE

TRAINING LENGTH: 1 HOUR


Dana Chedoke
Virginia Early Intervention
Professional Development Consultant





NOTE: Make sure to download and save the certificate to your desktop.
 Once you download, save, or print, the date stamp will automatically update.

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Join us on May 4th for the next Talks on Tuesdays!



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