



Connect to Thrive

A Holistic Approach To Sleep

The first four months



Completely Baby

PREVIEW VERSION

ABOUT COMPLETELY BABY

Completely Baby is the home of Baby Sleep Consultant Catherine Thompson. Based on Sydney's lower north shore, Catherine provides practical sleep support and guidance to families with babies and toddlers from newborn up to three years.

Catherine has professionally cared for babies for over eighteen years as a Children's Nurse and Early Childhood Professional. As a mother of two girls, she appreciates more than ever the daily challenges you might be facing with your own baby.

A new baby is an exciting and joyful time - but it can also be overwhelming and cause all kinds of stress and anxiety. Getting the right support and guidance is crucial to give you and your baby the best possible start in this journey together.

Completely Baby is founded on an ethos of calm, reassuring, guilt-free support and research-backed, proven techniques to empower you to be the best parent your baby needs.



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HELLO & Welcome!

Hello, I'm Catherine,

Congratulations and welcome to your new family member! Thank you for choosing my complete sleep guide e-book to support you through this rollercoaster of a journey!

I still remember the day we brought our baby girls home like it was yesterday. As a proud Mum of two girls, I fully appreciate the overwhelm of emotions that come with having a baby!

Whether this is your first baby, second or more - I'm sure you know how unpredictable these first few months can be. It's an exciting time of growth and learning for both you and your baby - and while we often feel like we should be 'natural' as parents, that it should all come easy to us, and we should just be able to 'figure it out' - It's actually quite normal for it to feel different and to have both good and bad days.

Take a deep breath; you may be feeling exhausted, overwhelmed, unsure if you're doing anything right - this is ALL entirely normal.

There is a lot of advice about supporting your new baby, and while all of it is well-meaning, not all will be useful. I don't claim to have all the answers, but there's one vital area I can definitely help with - sleep!

Whilst I believe every baby is unique, with their own individual sleep requirements and needs, I do use a Response Based Sleep Approach to my sleep strategies.

By responding gently and consistently over time, you create an environment where your baby will feel secure and more easily find sleep. I work with families on the value of slowing down and interpreting the situation before responding to help them do just this.

With an emphasis on social and emotional development, my goal is to empower families to have a deeper understanding of their baby's needs, cues and capabilities.





Age & Stage OVERVIEW

| Newborn and Infant Sleep

Before we dive in, I thought it might be helpful to outline what I mean by 'newborn' and the age range this covers.

Newborn generally refers to a baby from birth to about 4 weeks of age. After this time, I usually refer to children as baby or infant, which covers them from these early months right through to the start of toddlerhood (from one year old).

When you first get home, your newborn will be adjusting to life outside the womb and needs security, care and a lot of patience! At this age, they can't distinguish between day and night and will require regular feeding throughout these times.

Although newborns sleep a lot - up to 18 hours a day - this is usually in short 3-4 hour cycles. It is normal for them to have irregular sleep cycles and patterns during these early months until about 3-4 months old. Your baby's circadian rhythm isn't fully established until 5 months old.

Many parents ask me if they should start sleep training a newborn baby. The answer is NO; you cannot spoil a newborn baby. During this time they need to feel secure and safe, so don't worry about sleep training them to be on their own just yet if all of their behaviour is telling you they want to be near you.

It doesn't matter how you support them to sleep at this time. Just focus on establishing some gentle sleep routines, such as wrapping and getting them into a rhythm between feeding and sleeping as much as you can. I don't introduce settling strategies until babies are around 3 months old.

| Establishing Patterns

There's a lot of talk about routines when it comes to infants and toddlers – however, their sleep needs change so frequently, especially in the first year. It isn't about getting them on a rigid schedule so much as identifying and establishing flexible and supportive patterns.

Patterning evolves as your baby is exposed to a repeated familiar experience, such as you responding to their hunger cues and cuddling your baby when they are unsettled. Your baby needs periods of nourishment, sleep, and wakefulness.

In these early months, they have no strongly associated patterns for when these things will happen, but you can start to work with them to lay some foundations as these patterns evolve. However, from around 3-4 months of age, your baby will be more responsive to patterning.

An example of identifying patterns would be, if your baby becomes really unsettled when you bathe them in the evening, try bathing them in the morning instead.

Establishing patterns can look like:

- If your baby is calm, place them in their safe sleep space and give them the opportunity to settle.
- Responding promptly where possible to your baby's needs and providing reassurance when they are distressed will promote security.
- If your baby is hungry, promptly feeding them when you can will support their need.

From around 8 weeks of age, you could introduce a flexible bedtime routine to support your baby in settling down for the night. Try and be guided by your baby with the timing of this! This may include a bath or a massage, changing into their sleepwear, a story or lullaby, followed by a kiss and a cuddle.

It doesn't matter what routine you choose, what's important is to follow a predictable order of events.



| A Note on Feeding

Just as your baby will not yet have an established pattern for sleep; it's the same for feeding. Remember, this is normal!

Your young baby will only be able to take in small amounts at a time, so you'll need to feed them often. Feeding is not only a moment for bonding and connection but one for establishing some patterns. This can look like:



SOCIO-EMOTIONAL:

feeding is between you and your baby; they need your full attention and no distractions (no mobile phones!); try and make eye contact, watch them, and talk to them.



NAPPY CHANGING:

you can introduce a pattern of changing their nappy mid-way through a feed. At this point, they won't be so hungry that they protest, and you're sandwiching what can be an uncomfortable experience between two pleasant ones, feeding!



NAP TIME:

really normal for a newborn to fall asleep during or after feeds, try winding your baby and holding them upright for 20 minutes, then put them down for a nap.

Remember if you're ever concerned about how much or little your baby is feeding, be sure to speak with a medical professional who can reassure and support you. Your Child and Family Health Nurse is a great place to start.

A FEW HELPFUL RESOURCES

- [Australian Breastfeeding Association](#)
- [Lactation Consultants Of Australia & New Zealand](#)
- [Eat For Health Infant Feeding Guidelines](#) (Australian Government National Health and Medical Research Council)

Thank you so much for reading my preview version of my eBook! If you found the content so far useful then please visit my website below to purchase your copy!

<https://completelybaby.com/baby-sleep-ebook-0-4-months/>

Alternatively please do get in touch via the below if you feel I can be of further assistance!

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