

**Survival  
Guide for  
New  
Parents**

Sleep



By Andrea Strang



# YOUR JOURNEY TO PARENTHOOD

Congratulations!

Though your baby  
may not yet be born,  
parenting begins in  
pregnancy.

You have likely gone through a lot of transitions and changes to get to this place. You are about to embark on the greatest adventure and education of your life. Your little one will teach you more about life and about yourself than you can learn any other way.

The early months of parenting are wonderful, but they do come with challenges and a steep learning curve.

One of the biggest challenges is the "they sayers"; All the outside influences, family, friends, neighbours, books,

Internet, and even strangers offering advice and telling you what you should and should not do.

### **My Top Tip:**

Find and follow your own instincts and try not to worry about what "they say".

The tips in this guide may be a little different than typical advice. During my nearly 20 years of professionally supporting new parents, I've learned that there are some things we worry about that don't really matter and that we do best when we feel loved and supported.

# About Me



I began my professional journey in 1999 after enjoying 10 years as a stay-at-home mom with my three children.

I started off as a Birth Doula and soon found my dream job helping families as a Postpartum Doula. I worked nights for 10 years so I could still be with my children in the daytime. This is how I became fascinated with sleep. I studied pediatric & adult sleep, parenting, and infant mental health.

Since 2004, I have enjoyed helping over 8000 families get better sleep with gentle supportive strategies.

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KinderSleep



# Pregnancy Tips



"The deepest joys and blessings in life are associated with family, parenthood, and sacrifice"  
EZRA TAFT BENSON

Sage advice from a 7 year old



“  
DID YOU KNOW...  
POSITIVE FEELINGS DURING  
PREGNANCY CAN HELP YOUR  
UNBORN BABY'S BRAIN AND  
SHAPE TEMPERAMENT?  
”

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# Pregnancy Sleep Tips

## Pregnancy Sleep Tips

- Avoid bright light at night
  - Suppresses Melatonin
  - Resets body clock
- Use low-blue lights
- Improve environment
- Pillows – lots of them!
- If you can't sleep - rest



### Focus on Rest

It's normal to feel tired during pregnancy, especially in the first and third trimester. You are growing a human being! If you feel tired at 8pm, then go to bed. At some points of your pregnancy, sleep may be more challenging. Sleep whenever you can and do what you can to make yourself comfortable by stuffing pillows around you. If you can't sleep or you have a busy mind, then focus on resting. Resting is an attainable goal and sleep may follow.

## Sleep in the Dark

- ✓ **Avoid bright light at night**
- ✓ **Suppresses Melatonin Resets**
- ✓ **Body Clock**

### Avoid Night Light

Avoiding bright light in the evening and sleeping in the dark increases Melatonin, the sleepy hormone at bedtime and through the night. This can significantly improve sleep (and mood) for parents and the new baby. If you need light, consider switching to a red, orange or yellow light. Use screen filters for devices and video monitors. Go to: [www.lowbluelights.com](http://www.lowbluelights.com) for helpful products and information.

# Parent Tips

## How Much Sleep Do We Need?



### A Solid 8 hours?

#### Your Sleep

How we feel about our sleep, or lack there of, will have a big impact on our mood during the daytime and can impact how much sleep we actually get. If you think you need a full 8 hours of sleep to manage, the first 6 months of life as a new parent will be harder.

**GOAL: 5.5 HOURS +**



#### Goal 5.5 hrs

Research shows that new parents can cope and manage on as little as 5.5 hours of sleep in a 24 hour period for at least 8 months. And yes, naps count! Do what you can to ensure both parents get a bare minimum of 5.5 hours of sleep a day. It is very difficult to function on less.

# Baby Tips



“

IT'S OKAY TO  
**FEED, COMFORT, ROCK**  
YOUR BABY TO SLEEP  
YOU CAN CHANGE IT LATER!  
PROMISE

“

COMFORTING A CRYING  
BABY EVEN WHEN YOU WANT  
THEM TO GO TO SLEEP, LETS  
THEM KNOW THEY ARE LOVED  
AND SAFE



“

YOU CAN FEED YOUR  
BABY AND GET BETTER  
SLEEP

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# Baby Sleep Tips



“

**DID YOU KNOW....**  
SHORT, FREQUENT NAPS  
ARE COMMON & NORMAL  
FOR BABIES UNDER 6  
MONTHS

“

YOU DON'T HAVE TO  
LEAVE YOUR CHILD  
ALONE  
TO GET BETTER SLEEP



# How Much Sleep Does Your Baby Need?



## Normal Varies

According to the research and expert opinions compiled by the National Sleep Foundation, the range of normal sleep is very broad. So there is usually no need to worry if your child is getting enough sleep. Babies can grow and develop on less sleep than we think.

## Infant Sleep

Age	Wakeful Window	Average # of Sleeps
0-6 weeks	Upto 1 Hour	5 to 6 Sleeps in 24 hrs
6 weeks to 3 months	1 – 1.5 Hours	4 to 5 Sleeps in 24 hrs
3 to 4.5 months	1.5 to 2 Hours	3-4 Day Sleeps
4.5 to 6 months	2.25 hours	3-4 Day Sleeps

Adapted from: Australian Sleep Clinic

\*These are average sleep guidelines for infants and will vary from baby to baby.

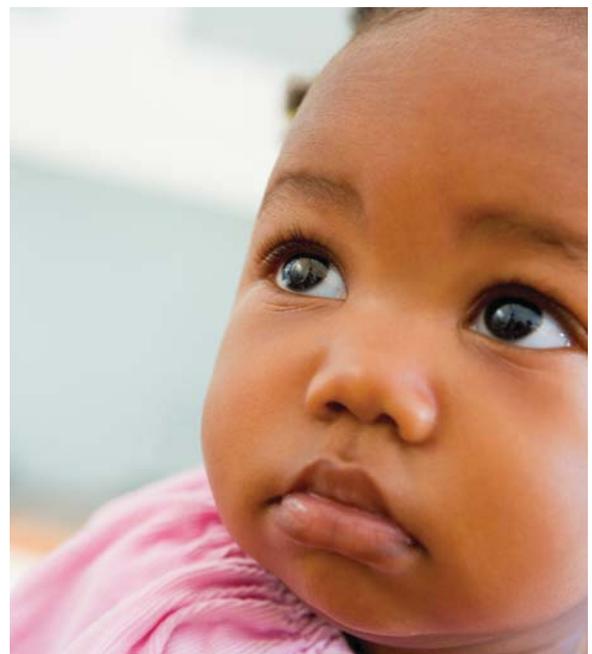
## Awake Time

One thing that can improve sleep for babies, children and adults is trying to prevent over-tiredness. This can be done by watching your child's tired signs and figuring out their wakeful windows, or how long they can be awake before needing the next sleep. While short naps can be very normal under 6 months, the wakeful window will be shorter if your baby sleeps less than 45 minutes.

# Preparing for Challenges

## Overcoming Challenges

- Self-care is vital
- Do something you enjoy everyday
- Focus on your relationship
- Emphasis on the positives
- Know you don't have to be perfect
- Avoid comparisons
- Ask for and accept help



# Preparing for Challenges



## Fussy Baby

When your baby is fussy, there may be times that you do all you can, picking up, feeding, changing, Dad giggle and still nothing works. Keep in mind, if you are calm and you can hold your baby - you are doing a lot! Sometimes this is all we can do. Most babies go through natural fussy periods especially in the early months. Hang in there - it gets better!



# Need Help?

I hope these tips were helpful for you,  
If you need help or have a question,  
I'm here for you!

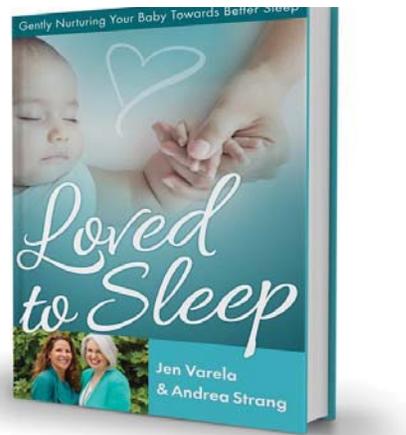
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Best Wishes for a wonderful journey into  
parenthood and through the precious early  
months with your little one, Andrea