



# Sleep Guide

## To Getting Back On Track For Fall



Andrea Strang - Certified Sleep Consultant

# Tips for Getting Sleep Back on Track for the Fall

With the sun staying out later, less structured routines, and holiday fun, sleep and routines often get off track in the summertime.

Now that fall and school are around the corner and summer is wrapping up, it may be time to get back on track. Here are a few tips:

**1**

## Re-establish daytime and bedtime routines and family rules

This may be met with some resistance but it's an important part of getting back into the swing of things.

Ease into routines gradually and try to maintain consistency so your little one doesn't get confused.

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### Ease into the earlier bedtime.

If you have some flexibility, start putting your child to bed 15 minutes earlier every night or two.

Make sure the bedroom is nice and dark to block out the light at bedtime and in the early morning.

However, when your ideal wake time rolls around, you can open the curtains and expose you child to natural light or bright light to help their body clock shift earlier.

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### Getting back to sleep

If your child's sleep has gotten off track or the sleeping arrangements have changed due to travel or visitors, it may be necessary to implement a sleep coaching or sleep training plan.

If you used one previously you can try the same method again, assuming your child's age or circumstances haven't changed too drastically.

If your child is over 18 months old you might want to try Kim West's Sleep Shuffle Method Highlighted in her book "Good Night Sleep Tight"

If you are not sure what approach to take, consider a free introductory consult with Andrea Strang, a Certified Sleep Consultant.

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### Reclaiming old sleep habits

If your child was previously in a good sleep routine and has gotten off track due to a disruption, such as travel, illness, developmental milestones, or teething, it may be possible to reclaim those sleep habits without starting from scratch. This will be easier the sooner you get back on track.

Bedtime is the most significant time for sleep, so you can just focus on bedtime habits and you are likely to see improvements through the night and for naps as a result.

Resume where you were before and try and see what happens. It may be that your little one falls back into their prior good habits, especially if it hasn't been too long.

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### Getting bedtime habits on track

You may need to offer more support. If your child resists bedtime, you can try first offering some verbal support – shushing, singing, humming, etc.

If that is not enough, offer physical comforts such as patting, rubbing, & stroking. You can even offer your maximum amount of support and then gradually wean off the needed support within a few weeks.

If it's not going well, or doesn't look like your child is going to fall asleep, you can abandon this plan, ideally by doing a dramatic wake-up. This is typically a last resort.

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### Bedtime Fading technique

If you are worried that bedtime will be challenging, you can aim for a very late bedtime initially.

This is a technique called Bedtime Fading, where you put your child to bed when the sleep pressure is greater, so they might give in to the new changes easier.

This is particularly helpful if it is taking over an hour for your child to fall asleep. This approach usually works well for a few days.

Once your child is falling asleep at bedtime within 20 minutes, gradually move your bedtime earlier in an effort to prevent overtiredness.

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## If things are not going well here are your back-up strategies

- ➔ Do a “pick up to calm” – Pick up your child and get them to that calm moment but put them back down while still awake and go back to coaching for at least 20 minutes before deciding if you need another pick up.
- ➔ If they don't calm with the pick up then do what is needed to get them calm. This may include:
  - Holding longer
  - Walking
  - Sucking on the pacifier just until calm
  - Sucking on the breast or bottle just until calm - not enough to get any considerable intake.
- ➔ If the pick up to calm is not working and the coaching is not working and you want to take a break, you can do a dramatic wake up

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## Bedtime back-up plan: Dramatic Wake up

If bedtime is not going well, you can do a dramatic wake up as if it is the end of a nap. Turn the lights on, say good morning and get your little one up into the living space. You can feed them in the light, if needed and then they can have some quiet play time. After that you have two options:

- ➔ When you see they are more tired, you can do a repeat of the last steps of the bedtime routine (can be shortened) and try coaching to sleep again when they have more sleep pressure, or;
- ➔ You can put your child down to bed whichever way is easiest and take a break from coaching. We can also set up a time to chat to discuss what taking a break might look like and the options that are available for moving forward down the road.

## Need More Help?

Book a FREE consult at  
[www.kindersleep.com](http://www.kindersleep.com)

You can also find us at:  
[Facebook.com/kindersleep](https://Facebook.com/kindersleep)  
Instagram: [@KinderSleep](https://www.instagram.com/KinderSleep)



Andrea began her professional journey offering Sleep and Postpartum Support in 1999 after enjoying 10 years as a stay-at-home mom with her three children.

She studied pediatric & adult sleep, parenting, and infant mental health at various institutes and Universities. In addition, she taught and mentored sleep consultants around the world.

Over the past 19 years, Andrea has helped over 8000 families get better sleep with gentle supportive strategies.

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