



Life's Little Wonders

Enriching your  
parenting experience.

Welcome to Life's Little Wonders first newsletter for 2010.

Our newsletters will provide current information on issues related to your 0 - 5 year old, to help enrich your parenting experience.

Our business stems from over 30 years experience in the Early Childhood industry. Our knowledge and understanding ensure our service to you is professional, reliable and trustworthy.

In this newsletter you will find information on Sleep & Settling.

**For more information on our services**

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## BABY'S SLEEP CYCLE

Sleep cycles move from light to deep sleep. Adult sleep cycles are approx. 90 minutes whereas a baby's sleep cycle is approx. 40 minutes.

So every 40 – 45 minutes your baby will move into a light sleep. At this time they may wake and be unsettled eg. Crying, grizzle, or you may not hear anything from them as they re-settle themselves.

If your baby does become unsettled, it doesn't necessarily mean they have had enough sleep or are hungry, they may just need some help to resettle. Try patting them, or give the cot a little rocking motion for a few minutes, then leave them for a few minutes to see what happens, you can try repeating this a couple of times.

Remember if they are showing signs of sucking, it is not necessarily hunger. It is often just because they are unhappy, and probably still tired. At this point you may like to try using a dummy, as this can be a comforting device to help them to resettle.

Try to persevere with settling, however if it is unsuccessful, get them up and go through your usual feed/play routine. Remember, if you do get them up after a short nap, they may need to go back to bed a little earlier for their next sleep.

***We offer personalised advice and support if your baby is having difficulty sleeping, or resettling after waking. Contact us to discuss your requirements and we can arrange a private appointment in the comfort of your home to assist you to get your baby back on track. After all, a happy baby means a happy household.***



## SIGNS OF A TIRED BABY:

Babies up to 4 months	Babies over 5 months
Grizzling	Grizzling
Frowning	Rubbing eyes
Movements more jerky than normal	Pulling at ears
Fists more clenched than normal	Yawning



## GENERAL SLEEP REQUIREMENTS (DAY)

Age	Up Time	Down Time
1 – 4 weeks	1 hour up	2 – 3 hours down
4 – 12 weeks	1 – 1.5 hours up	2 – 3 hours down
3 – 4 months	1.5 hours up	2 – 3 hours down
4 – 6 months	1.5 hours up	2 hours down
6 – 8 months	2 hours up	1.5 – 2 hours down
8 – 10 months	2 hours up	1 – 2 hours down
10 – 12 months	3 – 4 hours up	1 – 1.5 hours down
12 months	4 hours up	2 hours down



***Remember, this table is a guide only. Every baby is different. If you are having difficulty getting your baby to sleep or settle, we can help you by visiting you at home. We can also assist you with toddlers who are having sleeping difficulties.***

## HOW CAN INFANT MASSAGE HELP WITH SLEEP AND/OR SETTLING?

Infant massage has a wide range of benefits including strengthening the immune system, to increasing longer, deeper sleep periods. The Infant Massage Information Service (IMIS) says infant massage “improves sleep by increasing serotonin levels and regulating melatonin secretion rhythms”. So, what does this mean exactly?

*Serotonin* is said to play a vital role in regulating behaviour such as aggression and anger, as well as mood, temperature and appetite, just to name a few body functions. If a person has low levels of serotonin this could be associated with problems such as aggressive behaviour, depression, irritable bowel syndrome, migraine and other disorders. Scientific research has identified that skin-to-skin contact by a parent increases serotonin levels in a baby’s brain, therefore improving sleep patterns, reduced crying, and improved physical development. (<http://www.mumzone.com.au/parenting/infant-massage-may-help-save-babies'-lives/>)

*Melatonin* is a hormone secreted during the evening hours to help induce sleep. If it is released during the day this could also help with napping. Melatonin helps to regulate a person’s body clock (circadian rhythm). A recent study has been done:

### ***Massage Favorably Adjusts Infants' Rest-Activity Cycle***

*Infants who were massaged before bedtime adjusted to a more favorable rest-activity cycle by the age of 8 weeks and produced more melatonin, a sleep regulator, during the night by the age of 12 weeks.*

***"Massage Therapy by Mothers Enhances Adjustment of Circadian Rhythms to the Nocturnal Period in Full-Term Infants" was conducted by Sari Goldstein Ferber, Ph.D., Moshe Laudon, Ph.D., Jacob Kuint, M.D., Aron Weller, Ph.D., and Nava Zisapel, Ph.D.***



To learn more about infant massage and its benefits go to our website [www.lifslittlewonders.com.au](http://www.lifslittlewonders.com.au) or contact us to make a booking. We do private lessons in your home, or we can do group classes. Our Certified Infant Massage Instructor will be happy to help you. It’s never too late to learn how to massage your child.