

NIGHT SETTING



July, 2012



Strategies to Encourage Night Setting

Early Infancy (Birth -4 Months)

During the day, limit the duration of sleep to 3 to 4 consecutive hours.
Place baby to sleep in crib in own room, if feasible.
Place baby in crib sleepy, but awake.
Allow baby to fall asleep alone (e.g., without rocking, feeding, or pacifier).
Allow baby to self-calm (e.g., find his or her own thumb).
Make middle-of-the-night feedings “brief and boring”
Do not respond to normal sounds made during sleep by picking up the baby.

Middle Infancy (4-6 Months)

Delay response to fussing for several minutes to allow infant opportunity to fall back asleep.
Gradually reduce duration and amount of nighttime feeding.
Avoid unnecessary stimulation when checking on fussy infant.

Later Infancy (6-12 Months)

For separation anxiety: provide a transitional object (e.g., blanket, toy) or night-light; leave door to bedroom open.
Provide extra reassurances and cuddling during the day.
Make bedtime routine pleasant, predictable, and quite.
Set firm limits after infant is put to bed (e.g., “once in bed, stay in bed”).
Further delay response in infant fussing, avoid physical contact and extra stimulation.
Promptly respond to nightmares and bedtime fears.