



## Bonus: Can't Handle Any Crying At All? Do This.

Before I give you these tips on how to make some progress with sleep when you don't want to start a sleep plan that may involve any crying at all-

Ask yourself how dire your sleep situation is.

If your mental health is deteriorating quickly, if you are about to lose a relationship or a job or if you feel unsafe parenting or driving- reconsider if two nights of *some* crying- while you stay with your baby might be the best choice for you and your family.

Or, if you feel ok with someone else doing the sleep work with your baby (this is going to be a bottle-happy baby), consider if a postpartum doula or sleep professional I've trained in your area could take over sleep work where you sleep elsewhere with ear plugs...

Or consider if you have a partner, grandparent or nanny who may be able to take over and get the bulk of the sleep work done while you sleep.

Or if the anxiety is about being alone with the crying- maybe one of my certified sleep educators in your area could just be with you to support you during the process (I teach my students how to do this); to witness you and your baby's process and give you tips and encouragement and processing after baby falls asleep. For babies under 5 months, a consultant can also just do the 4 nights or so of your sleep plan for you.

Caveat on getting help:

Note that for babies (especially over 4mo) who will usually be feeding on your breast/chest may have a day or so learning curve learning how to communicate with you supporting their sleep and sleep plan, even after they have learned tons of sleep skills with another. This is still huge progress even if you have a day or so of learning how to communicate with

your baby (for instance, putting boundaries on not falling asleep on your chest) after someone else has been there while your child learned their sleep skills. Baby/ toddler needs to test and understand the boundaries of each caregiver.

If you don't feel your sleep situation is dire...

... you might just not be ready. Honor where you are.

Instead of any behavioral sleep modifications, go with the biological and spiritual ones.

- Focus on Circadian Rhythms Alignment part of this course.
- Focus on Nap Rhythms, 24hr Rhythm of your child's day/ night.
- Stop Charting waking times if you haven't already.
- Ease worrying in any way you can. Maybe find a therapist to talk to (I suggest someone with PMH-C after their name; someone from the PSI website. Or call the PSI hotline/ text. Get second and third opinions if you're worried your child's sleep challenges have a medical cause.
- Stop Complaining. Your sleep despair is real and you deserve to complain about it, but I just want you to experiment with 4-5 days of *not* complaining. Turn every negative sleep thought toward a positive, grateful one instead. See if it shifts anything in you or in your baby's sleep. Someone told me to do this when I was suffering postpartum sleep deprivation and I told them to F\* off; but I now know how transformative this method can be.
- Practice deep breathing, humming and singing when you are frustrated about sleep.

Things may change on their own over time. All children are likely to sleep through the night sometimes by 2.5 years. Or, you may find that in a month

or three you may hit a rock bottom where your need to make changes exceeds your need to avoid crying. You can come back to this course then.

Until that time, love and honor yourself. You are a good parent even when you and your child are struggling with sleep. You are a good parent whether you change your sleep situation or if you do absolutely nothing at all but just love your baby.

