

EXTENDING

Awake Time Windows

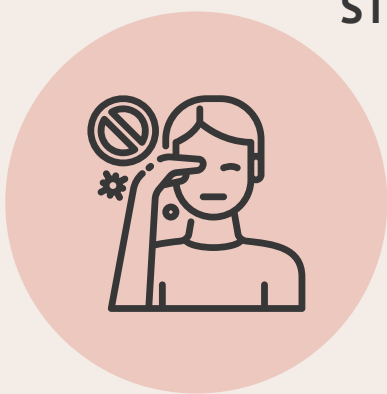
IS YOUR LITTLE ONE STRUGGLING TO INCREASE THEIR AWAKE TIME WINDOW AND YOU ARE FINDING YOURSELF IN A NEVER ENDING CYCLE OF SHORT AWAKE TIMES + SHORT NAPS? IF SO, THEN WE MIGHT NEED TO GIVE YOUR CHILD A LITTLE NUDGE IN THE RIGHT DIRECTION. I PROMISE TO BE GENTLE.

WHY DOES THIS HAPPEN?

- Boredom can lead to short awake windows.
- Misalignment of Body Clock and Sleep Pressure: Your child's body is used to the habitualness of their standard window, even if that window is not working well for them any longer.
- Poor night sleep: it can be hard to extend awake windows during the day.



SIGNS OF NEEDING TO EXTEND WINDOW



- Short onset of sleep, but also short naps or "false starts" at bedtime
- Exhibition of sleep cues TOO EARLY in your child's awake time window
- More frequent night wakings.

HOW TO EXTEND WINDOWS:

- Change up your awake time window routine: do things in the opposite order- jumbling your daily rhythm.
- Engage in Mirror, Face and Water play.
- Change your environment: GO OUTSIDE/PLAY MUSIC.
- Move in 10-15 minute increments over several days to build up to a successful amount of sleep pressure for your child.



WHAT TO EXPECT

- Do NOT expect your child to engage in independent play during your extension-- prepare for 1:1 engagement.
- Expect a slightly crankier kiddo for a week+ as they build up more tolerance and change their habits.
- Be patient. This takes time and grace for everyone.
- A SHORTER onset of sleep because kiddo WILL BE TIRED.

TIPS AND TRICKS

- Offer assisted naps when actively pushing awake time windows out later.
- Can pull milk feedings further into the awake time window if tolerated.
- Offer solid foods mid-late awake window to give your child some energy and give them something fun to do to keep them actively engaged.

