

Episode 42. Babies and Sleep

📅 Mon, 9/28 4:52AM ⌚ 36:55

SUMMARY KEYWORDS

sleep, baby, people, parent, night, crying, important, awake, deana, hear, nap, tired, diaper, eating, listeners, fussing, day, spontaneous, feeding, bed

SPEAKERS

Deana Thayer, Future Focused Parenting, Kira Dorrian



Kira Dorrian 00:00

Well, hi there listener. Before we get to today's episode, we just wanted to let you know that since it aired, it's actually become one of our most popular downloaded episodes. And so Deana has taken all the information that she's going to share today and made a deeper dive into an online course, that's available for purchase on our website. So if you're interested after you listen today and hear all these incredible strategies to learn more, and to be able to figure out like, how do I take all this information and go deeper so that my family can get the sleep that they need, then we really encourage you to check out the course. If you go to futurefocusedparenting.com click on the shop tab, it'll take you to our shop page, explore those online courses, you'll see it in there. It's Future Focused Sleep Strategies. It's so awesome. And we're going to give you a discount for listening. So if you enter the discount code, RAISINGADULTS, all caps all one word, you will get an extra 15% off. So if you're new to the laundry room, welcome to Raising Adults and we hope you enjoy today's episode.



Future Focused Parenting 01:01

What happens when two parent coaches, one a Christian and the other an agnostic Jew, sit down to talk about parenting? They take their listeners from surviving to thriving. I'm Deana Thayer and I'm Kira Dorrian. Welcome to Raising Adults, a podcast brought to you by Future Focused Parenting.

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Kira Dorrian 01:21

Hi, everyone, welcome to Raising Adults podcast. Thank you for being with us. Today we are tackling a huge topic today. I'm kind of surprised we actually haven't done this one sooner. But I'm really glad we're doing it now because it's such an important topic and one that a lot of new parents are struggling with. And it happens to be Deana's speciality. So I am excited to get to sit back and let her just speak amazing words into your ears, listeners. But before we do, we just want to make sure and let you know what the attribute of the month is, for those of you that maybe didn't see online or maybe aren't following us yet, you can follow us @futurefocusedparenting, the attribute of the month is Conservancy. And we were trying to find the right word for this one. Because it's such an important thing. What we're really talking about is taking care of the things that we have. And that can mean our things like our toys, our books, our possessions. But it's also about taking care of what we have in terms of our Earth, our environment, the people around us. So we kind of boiled it down into this word Conservancy. And so we're going to be looking at that this month. If you haven't signed up for the attribute of the month, those of you who are listeners who follow us every week, you can zone out for 10 seconds, you can go to futurefocusedparenting.com, hover over the shop tab and you'll see the attribute of the month there. It's a totally free newsletter that comes into your inbox every month filled with ideas about how to foster that particular attribute in your children. So this month, we'll be looking at Conservancy.

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Deana Thayer 02:43

Yeah, it's a good one. And I I don't think we've ever had quite as long a conversation about the word that would capture what we were thinking of. It is an important thing. I mean, there's, there's ways you take care of your own environment. And for even the young child that can be as simple as how do you take care of your toys or making your bed and things like that. But there are some larger implications. So it's an important one.

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Kira Dorrian 03:02

Yeah. All right, Miss Deana, let's talk about sleep. Let's talk about sleep. Let's. I mean, this is like, when I look back on my children's babyhood it was like this, this was the thing that was the most daunting. It was the hardest part for me without question. In fact, recently, when Rhiannon had pneumonia, and Dave had his surgery, I was up in the night for days. And it took me right back to that time where I was like, oh, I remember dreading nighttime, I remember thinking I'm never gonna make it through the night. Or, you know, how, what's it going to be like to be ripped from sleep, because that was always the worst for me was just getting, I finally drift off. And that's when a baby would wake up. And that and for me, I got into this really bad habit of I almost didn't, didn't want to go to sleep,

because it was so painful to get ripped from sleep that I would rather not sleep. And then of course, I was just perpetuating a sleep cycle.

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Deana Thayer 03:57

Yeah, you can get almost delirious from that, I think. I mean, there's been studies that show that sleep... really, really tired driving is like drunk driving. So it is a big deal. And I, I can relate to that. I know from the days when I was doula-ing more regularly and attending births all the time, I would feel the same way. I either wanted to go to bed super early, so that if I got interrupted, I hopefully at least had a few hours. Or it was like maybe I just won't, because the idea of getting woken at oh dark 30 if I'd only been asleep for an hour did, it seemed worse. So that, that resonates with me. And this is such an important topic, I think not just for parents of new babies, but hopefully even expectant parents who can start to think about how they want to approach sleep for their baby. And then it definitely carries into the toddler years and how do you handle naps? And how do you make sure to even as your children grow, to keep a responsible and appropriate bedtime routine so that they're getting enough sleep at night? Because so many things I think compete for our attention, that sleep is one of those things that we can maybe push off that we really shouldn't be.

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Kira Dorrian 04:53

Mm hmm.

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Deana Thayer 05:10

Especially for growing and developing people. It always amazes me too, when thinking about this issue, how school gets earlier as kids get older, and actually teenagers need a ton of sleep, they really need a lot of sleep to continue to grow. And the, their frontal lobe is really doing a lot of forming. So it's not like infancy is the only time this is important. Sleep is huge. And it's important for everybody, adults included, we're really known for not getting enough here in the Western world. And yeah, well, I could easily get on a soapbox, and I will not.

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Kira Dorrian 05:46

Well, I hope you will in a second because you're gonna share all these amazing tools and techniques that you have for new parents. But before you do, let's start with the why because I know this was important to both of us.

D Deana Thayer 05:56
Yes.

K Kira Dorrian 05:57
Personally, outside of your area of expertise was also very important to you. It's very important to me. So go ahead and tell our listeners your why.

D Deana Thayer 06:05
Yeah, it's, unfortunately, not amazing and deep and profound. It's that when I don't sleep well, I am unpleasant to be around. Man, I don't even want to be around myself when I'm tired and nobody, ain't nobody got time for that. Nobody wants to be around tired Deana. It's not a good look. So really, if I'm being honest, initially, my amazing Future Focused Parenting was really pretty just selfish. Like, I need to get some sleep. So I need to do whatever I need to do with this small person here. This little human must sleep so that I can, because otherwise, I'm gonna lose all my friends.

K Kira Dorrian 06:42
(Laughter) Then I'll have no one left, but this baby that doesn't sleep. Oh, my gosh, well, my why was exactly the same. I had two humans. Which exacerbated the need for everyone to sleep. But yeah, I mean, I'm a 10 hours, or I was, I mean, I'm not anymore. But I was a 10 hours a night kind of gal. And, and I truly, truly am a horrendous human being when I'm tired, and I'm notorious for being just terrible when woken in the middle of the night. And it's interesting. There's some kind of filter that goes sideways for me in the middle of the night. Because one night, Dave was breathing very deeply. And I remember this, and he was breathing very deeply. And in my head I said, honey, you're breathing very deeply. Could you roll over? And what I actually said was, "deep breather!" So even when my daughter was sick recently, I said to her one night before she went to bed, I was like, Honey, I'm, I'm really known for being just awful in the middle of the night. So if I say anything mean to you in the middle of the night, please forgive me. And then in the middle of one of the nights, she was like, Mommy, I don't know why you think you're so mean in the night. You're very nice. Like, well, maybe for you, sweetheart, but not for anyone else.

D Deana Thayer 07:57
Nobody else is getting this special treatment.

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Kira Dorrian 07:58

No, exactly. So yeah, I mean, I'm exactly the same. I'm not a nice person. I was also really, really aware, I mean, two babies is a tall order. So I knew I was going to need my strength during the day. And this, I think I've said this before on the podcast, but there is something really interesting about twins and sleep. It's like people are completely against sleep training, not people. There's a group of people completely against sleep training for one baby. But if you tell them you have twins, they're like, oh, well, of course you had to sleep train. I mean, of course, you had to...

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Deana Thayer 08:26

Isn't that interesting?

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Kira Dorrian 08:27

It's fascinating because they are still two individual people. So why is it suddenly okay for me to? I mean, really what it is, is people recognize that I'm going to have to meet my own needs in that situation. Why is it only okay for me to meet my own needs with two babies, and not one? And it's an interesting precedent that I think is set. But all that to say, we definitely did sleep training with our kids. It was extremely effective. They were sleeping 12 hours by 12 weeks, it was miraculous and joyful. I got my humanity back, the sun came out, and the clouds cleared, and they're really happy, well adjusted, well attached little people and they are really good sleepers. One more than the other, but they are good about going to bed. They don't fight us on bedtime. And I think that's a lot of what we did in the early months.

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Deana Thayer 09:12

For sure. You kind of lay the foundation for what your kids are like as sleeping individuals when, when they're babies. And so it is the time to kind of set those things. I have to say, I promise last anecdotal thing, but I laughed a little extra hard because literally just last night, I thought in my mind kinder things than what actually happened. I'm glad I'm not the only person who does that. My husband was watching a show on his phone with his earbuds in and just.... moving. I don't know, there's no other... his legs kept going. And in my mind, I'm thinking you know, could, could there be less movement? And really, I think I said something more along the lines of, can you just lay still? Okay, and then just to make matters worse, now I'm certain I hear chewing, and I was thinking how can this be? We're in bed. But sure enough, I asked, are you, are you eating? And he pulls out this ginormous wad of gum. Oh, chewing gum in bed? And I was thinking it, can we not? I mean, I'm just

reading a book and I don't really want to hear... you have the benefit of your earbuds. I do not have those. So it just made me laugh when you said that because I thought, in my mind, I could have done that so much better. But I was kind of over it and I was like, enough.

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Kira Dorrian 09:18

Well, this is it. Like you're, some people are so dramatically affected by sleep deprivation. Some people aren't, which fascinates me, those people, like my former business partner, Tracy, can just like an hour and a half. She's good. She's totally good. I mean, she's my hero. So this didn't faze her in the same way. But it really, I knew it was going to faze me, I knew it was going to be an issue. And then the other piece for me, the other part of my why was I know, this is hereditary. So chances are if I need a lot of sleep, and I'm cranky without it, that my children are going to be cranky, and most kids are cranky without it. And I have seen all the toddler meltdowns and all the things. And I just again with two babies, I was like, I have to really be preventative. I have to be preventative here, how can I prevent meltdowns? How can I prevent crankiness? And give them what they need to feel their best, so that everyone's their best, like, let's minimize the meltdowns, I just couldn't have. And so I knew getting enough sleep was a huge part of them having less meltdowns, feeling better, feeling healthier. Also, as I'm sure you're going to talk about, sleep begets sleep. So the more I encouraged sleep, the more they'd want to sleep. And guess what, when they sleep, I get a break. So there was this real knock on effect for me that I was aware of from the beginning. And that's why I sought out some really smart sleep solutions.

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Deana Thayer 11:46

No, it's actually the biggest thing I tell my sleep consulting clients is if you remember nothing else, remember that sleep begets sleep. An over tired baby -but you could actually fill in child, teenager, adult- actually fights sleep harder, even if they don't mean to. And so it's critical that we're encouraging good sleep around the clock. That's the other thing. I think, I think my goal today is just to give at least some practical things that maybe people could chew on or try right away. And this sleep begets sleep is a huge one. Because I think there's also still people who will try to make their babies tired thinking it will help at night. And it just, well, let me just say to any of our listeners, I'm sure you're all chuckling if you've ever tried keeping a baby up late, hoping they would sleep in more the next morning. You got to see them much earlier the next morning. And you know how bad that backfires. And so it's really a big deal. But what that kind of goes into, one of the first things I want to talk about that I think is maybe also a little bit about debunking a myth, and that is that the night follows the day. And so often my sleep clients come to me and

they're desperate, and they're exhausted. And they just want to make the night look different. And they're looking at me sideways, because I'm going alright, let's talk about what your baby's day looks like. And how can we tweak that or maybe make some course corrections to the day. But it is so true that if you're expecting a regular, nice bedtime, and then 10 to 12 hours of sleep from a baby, but your day looks crazy, and it never looks the same way twice, you're not going to get consistent 10 to 12 hours of nice sleep from your baby. Because their day doesn't look consistent, and they don't know what to expect. And it's super random. Now, I want to say too, I feel like sleep is a really polarizing topic. And people have very strong feelings about it, and it can be very vulnerable. And as with everything else, I just want to say that I absolutely do not think sleep is one size fits all. You just mentioned, there's literally adults who don't need as much. So if you're a person who's like, I'm fine, I understand this is just part of the deal for like, a year, or maybe several, I'm just gonna be tired, and I'm okay because I can function on four hours a night, then that's great. And nobody in this episode, or ever, would force anything on you differently. I just want to say that I do feel like sleep can be, it can be a hot button issue, maybe for lack of a better word. But I will say in my years of doing this, and it's been almost two decades now there's some things I've seen time and time again. And that is one of them that often if we just bring a little bit of structure to the day, and get even just some gentle routine to the day, the night looks way different quite quickly. And I just I don't think people always think about that piece of it.

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Kira Dorrian 14:43

Well, I think there's this interesting thing that, I remember seeing this time and time again when in my childbirth classes that people, people want the baby to adapt to them and their life. Like I'm not going to let the baby stop me. We're still going to go do this, or still gonna go do that. And there's some interesting wisdom to that, like, I get the idea. I mean, you and I would agree, like we run the household, we're in charge. But I think those initial months if you're laying a foundation of, what is the expectation in the home? What is the expectation of the baby? What is the expectation of me? And so for us, part of what we did was exactly what you said, we were very routine oriented. We were very, very deliberate the first six months. After that, we felt like we could start to scale back, but because we were focused on laying that foundation, so I would say, I would sort of say, even to someone who's like, oh, but I'm not schedule oriented. And oh, but you know, I really just want to go with the flow. That's actually still possible. If you've put in this work in the beginning, unless you're someone like you said, who maybe isn't that worried about sleep. Or does well on lack of sleep, then don't. Don't worry about it, but those aren't the people coming to you, the people that are coming to you are the people that are like, Oh, my gosh, please help me. Um, you know, which is exactly, they're desperate. They're desperate. So I would say if you're someone who needs a lot of sleep, but still really wants

to have that flexible lifestyle, know that that's possible. It's that it's that long game, short term pain, long term gain. So short term know, you probably can't go, you know, whiz bang anywhere you want any time. But eventually, you'll be able to, if you've laid the foundation.

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Deana Thayer 16:19

Well, and I think that's key. I do have families who come to me and say, we really like to be spontaneous, or go on hikes or, and what I often will say is, this will get you there. It just means for a while, your days have to kind of look like rinse and repeat, like the back of a shampoo bottle, it kind of needs to be that a crazy day out for a hike is the exception and not the rule. But if you do that for a while, you end up with a baby who usually can sleep almost anywhere, knows the ropes. And I think it actually gives the parents who are more spontaneous even more freedom, because they know what to expect from their baby, just even by what time of day it is. Oh, based on that, we know it's time to eat, or based on that we know it's time for a nap. Instead of wondering, what is this baby telling me, because you're doing it different all the time. And so they're doing it different all the time. And so you're left often playing kind of this guessing game. So I think almost in some ways, it's more important for the people who like to be spontaneous, because this is what gets you there, then you're like, yeah, we can up and go for a hike because we know exactly what our baby is going to be up to during the day, because we've laid the foundation for doing that. So really important: sleep begets sleep, and night follows the day. If, if you tighten up your day, and I want to be clear what I mean by that. That means it's going to have some repetitive elements where you do some of these same things over and over. There's a few, only a few things babies do, they spend some time awake, they spend a lot of time eating, and they spend time sleeping, and you're gonna do those things over and over. But getting that tightened and having a little bit of scaffolding around it just makes a huge difference. And then it gives you kind of the freedom to be more free with your time and more spontaneous and able to kind of fly by the seat of your pants. So for people who are like that, it's kind of worth it to them to maybe not fly by the seat of their pants for a small window so that they can get there. So what does that look like? Like, give some examples of what tightening up might look like. Yeah, well, the biggest thing that I probably have said over and over. And if you've ever been my client, you've probably at least heard it once is, order of events matters. So the biggest one, and again, if this is you and you like it, it's fine, it's fine, it's fine. But the biggest thing I've seen be a detriment to sleep is people who let their babies fall asleep while eating. And so what you end up with then is like something that looks like this in a baby's cycle. They eat, fall asleep, and then have their awake time. But then they might be kind of mad because maybe they didn't get a full meal because they fell asleep in the middle of it, then they didn't get a full nap because they weren't full enough to sleep for a long time. So then the

awake time actually isn't really very fun for anybody because you have cranky baby. So I kind of suggest flipping that and doing feeding then awake time then the nap. And it spells F.A.N. if you can remember, I love acronyms, you know, F.A.N.: Feed, Awake, Nap. And then I'm a fan, I'm a fan of it, because I'm a fan of sleep. So that's a big thing I teach people just something that simple is just changing the order of events is life changing. And I've had many people tell me what a difference that made just to not let baby fall asleep while eating a bottle or fall asleep while at the breast. And it's, it can be hard. I mean new babies, they're snoozers. And if they're feeling the warmth of their caregiver, I mean if it's mom and you're nursing or if it's dad or grandma or the nanny, doesn't matter. If they're laying against a warm body and eating, they're gonna want to go night night. So this can be a little bit tricky. So what I always tell my clients is how do you know that you're getting an awake feeding? You have eyeballs, literal eyeballs, you can see your baby's eyeballs. Because I, this is a thing I hear a lot. Well, their eyes are closed but they're still eating. Well, let me just share with you something about that. They are still sucking. It's not always the same as still actively eating. An awake baby can actively eat. Sleeping babies, as you know, if you've ever given a baby a binky, a sleeping baby is perfectly capable of sucking while not eating. So I always encourage open eyes. And if that means you might need to break the suction and set baby down for a moment, I'm not saying hack your baby off and get them to where they're howling. I'm not suggesting that. In fact, some babies if you get them too mad, they won't reconvene the meal. So then you've lost the opportunity to get that full feeding in. And I wouldn't suggest that. But just getting them to where they're awake and able to be an active participant in the meal is really important. And then once the meal's done, then you do play time or whatever awake time looks like. Obviously, with a new baby, it could be as simple as this is where they do a little tummy time or you change their diaper, it might not be anything fancy. And then the nap comes after. So getting those things just in that little bit of a different order. It's amazing, I mean, truly game changing for a lot of people that I've helped who've tried it and seen such a difference, not only in what that does to their daytime, but how it translates to better sleep at night.

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Kira Dorrian 21:05

Well, and what's great for the baby when that happens is that now this becomes predictable. I know that when I eat, I get a full belly, and then I get to play and then I get to go down from my cozy nap and my belly is full. So it's going to take me all the way through that nap. And when I wake up again, I'll be able to eat and have a full belly, as opposed to if you're kind of snacking and all that going on, the baby's actually not 100% sure when they're going to feel full again. And that creates that inconsistency that can really derail things.

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Deana Thayer 21:34

What we actually know just, even the research bears this out, is that repetition and consistency really provides a sense of security. And infants who are doing some of these important developmental tasks, like developing a bond with their caregiver, security is a big deal. So this is actually doing your baby a favor to bring some gentle routine to the day. They know what to expect. And there's a lot of comfort in that for them. So you're absolutely right.

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Kira Dorrian 22:02

Yeah, and I would say, and one of the things that polarizes us about sleep is the question of security. You know, can it, can a baby who's crying at night, feel secure? And actually, so much of the other things that we don't think about provide security and show security and, and create that attachment. They're just not being talked about.

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Deana Thayer 22:21

Absolutely. And a care provider, whether that be a parent, a grandparent, whoever it is, consistently meeting a baby's needs time and time again, does show them they can trust you. And so it does develop secure attachments. And the interesting thing is actually my favorite side effect. Besides more sleep, that's the best part. Right? But is that actually these babies tend to be happier, you actually have less crying overall. You don't, you don't need a monitor to tell you your baby's awake. It's not like oh, I hear them crying. They're up. You hear them talking and cooing because they know you're gonna come get them. And they know the next thing on the agenda is food. And so it's great. It's, it's so fascinating how you actually get overall, this disposition of hey, I know what to expect. I don't need to be nervous of whether mom or dad's gonna come. They're gonna come get me I don't need to yell and let them know I'm awake. And it's, it's actually really precious to see just those happy, the babies with this happy disposition developing out of, I'm a well rested baby. So I'm happy.

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Kira Dorrian 23:25

And they also just wake up, not only is it predictable, and they know mom's coming in, there's gonna be food. They're also well rested. And what have we talked about? Well, not well rested people are cranky.

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Deana Thayer 23:34

Yeah, they're not pleasant. That goes for these small people too.

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Kira Dorrian 23:37

Right? Yeah. They're like, oh, I had a great nap. I'm ready for the rest of my day.

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Deana Thayer 23:41

Yeah, absolutely. It's, it's just a treat to see. And I think one, one thing I'll say, just as well, that maybe will be a helpful thing, just to latch on to before we wrap up is changing perspective around crying. I think it can be really easy to think, if I hear crying, it automatically means something is wrong, or something terrible is happening. And coupled with that, that if we view it that way, then it means I must immediately intervene. And actually, in a lot of cases, neither of those are true. So sometimes a cry is an overstimulated cry. Nothing is wrong, except this noisy toy that lights up needs to be taken out of my presence, you know, something like that. And it's not, I'm sick or hurt or something. And the intervention can be as simple as taking away the toy... doesn't always need to mean swooping in and short circuiting what's happening. So I think sometimes the perception of crying is more the issue than the crying itself. That a parent views it as this really terrible signal that something is wrong, something is amiss, and even maybe I'm doing something wrong as a parent, so I've got to correct that right away. That being said, I'm really sensitive to different families' coping abilities, I guess, with crying for lack of a better word, because everyone kind of has their different thresholds. Some people, hey, I can let it go for 10 minutes, then I need to do something, other people are like I'm a disaster after 90 seconds. And that's fair because everyone's skill at how they handle noise in general is different. For one thing, everybody's sensitivity to that. That's actually the word I was looking for, not skill. Sensitivity to that is different. But also, let's be honest, I can hear a baby cry and be fine. But when it's my own baby, it is very different. That tugs at your heartstrings in such a different way. So I actually view part of my job as a sleep consultant is to learn my client, like what can you handle? Because if I suggest for you to do something that you can't handle, you're not going to do it. And so please, if you're listening to this, right now have grace for yourself on those kinds of things. Because hearing crying is, I think, hard for anyone, but it's hard at varying levels. And so if we can just flip the script a little bit and realize that it doesn't always indicate a problem. In fact, a baby, especially pre rolling over babies, it's one of their only forms of exercise. And so it's helped a lot of my clients to think about, your baby's working out, just let them get their workout in, you know, it's okay. And that can really help too. But also that I'm never encouraging, even now, I would never encourage not responding to the need. The, the key is when you're a parent who's future focused, you're also a needs responsive parent. So that means if you, say you bring a little structure to your day, and you tighten it up a little

bit, when you go to lay your baby down for a nap, if they're fussing, you know they're fed, you know the diaper is dry. So you know that this cry is telling you, I'm tired. So actually, the way you're the best and most loving parent is to meet the need the cry is telling you about and let them get the nap.

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Kira Dorrian 23:42

Yeah, I think that's spot on. I love, love, love that. It's like when you make these choices, you're more informed as a parent, and then you can make what is sometimes the harder choice but the right choice. I like the idea, and I think I got this from you too, that sometimes when babies cry, they're not sad or hurt, they're angry. And that's okay, our kids are going to be angry with us a lot, it doesn't change our responsibility as their parent to teach them to sleep. Because really, that's what we have to do, they don't come into the world, knowing how to do it. Part of our job is to encourage and teach them how to sleep, and to take care of them and give them what they need and protect them from harm. And I think I've mentioned this before, but the idea of if your kid wanted to play with Drano. Just because they were mad that you wouldn't let them play with the Drano doesn't mean that you're going to hand it over, right? And so a baby that doesn't want to go to sleep, but you know they're fed, you know they've played, you know, they're okay. And hey, this cry's a tired cry. Yeah, they might be mad that they have to go to sleep. But you actually know, even though you're mad at me, I still have to do what's best for you. And that is to let you go to sleep.

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Deana Thayer 27:49

And I'm so glad, I was, I was like, bring up the Drano episode, I was. But you are so right in that this is one of those times where it's okay to recognize that as the parent, this is a really young person still, even if you're dealing with a toddler maybe who's giving you some resistance on naps. And it is okay to recognize that in some areas, you still know what's best for them. And sleep is unequivocally best in terms of their mental, emotional, physiological development, and just everyone's sanity. So it's okay to feel confident in hey, when I give my child rest, I'm really giving them what's best. And that I know that even if they protest, because they might, I mean, that's really normal. Your point about the anger is something I say, and I will often tell my clients who maybe might protest this change. I mean, they're gonna, they might have an opinion about it. And it's okay, because I also believe in parenting with emotional intelligence, let them have the opinion. But know that then our actions don't always have to change just because of their opinion.

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Kira Dorrian 28:46

Right. Their opinion that they want to play with the Drano and it's perfectly safe for them to play with the Drano doesn't mean that you are going to buckle as a parent and go, that's not, that's not what's best for you.

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Deana Thayer 28:57

They can feel angry about that and have that opinion, but sometimes, that's not going to be what's best and we have to just do what's best. So I think that piece is always a trick too, is just getting a good handle on a good perspective around crying.

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Kira Dorrian 29:11

Any tips for overnight because we talked about day, which I love. We talked about kind of changing perspective around crying, which I think is so so helpful for parents that are kind of navigating those initial weeks and months. Any tips for overnight?

D

Deana Thayer 29:24

Yeah, the biggest thing there is you really treat it just like the day without awake time. So if you're doing the F.A.N. because you're a fan of it. Oh my goodness, so many puns on, so many word nerd stuff. I just, I love words. But really, if you have a baby that is still young enough to need to eat in the middle of the night, you just feed them and they go right back to bed, and so you're just skipping that awake time piece. And for most people who really do that in a diligent way, and aren't then fussing and having, turning on lights, I mean keeping things dark is really great. We even had the little, the, I don't even know what it's called, on the headlamp, I guess like for people who go spelunking in caves. But you know, keeping things dim, that also sends the signal to the baby this is asleep time, so we don't get up and play. Hushed tones, if you talk at all, things like that. And so that's it, it's kind of this truncated, it's fine to feed because new babies will still need to eat in the night, although they can drop those feedings amazingly fast. I'm continually surprised. Often between nine and 12 weeks, you can get super long stretches. I know I got a seven hour stretch out of Cienna when she was five weeks old. And it's, it's gonna depend kind of on the baby. And also, of course, how they're growing, and all of those things. You should certainly make sure your baby's eating enough, if you have a baby that maybe isn't growing as well, or your pediatrician has told you that. That would be completely different. But if you are still in that window where you're feeding in the night, the key is then right back to bed. And then you treat any fussing then the same way. This is nighttime. And if you know that all the other needs have been met, then you know it's a tired fuss. It's not I'm crying because everything is just terrible in general. Or I'm hungry, because that would have just been taken care of.

K

Kira Dorrian 31:12

Last question. I know one of the things that worked for us and curious your thoughts on it, was unless there was a poop, no diaper change overnight, unless they'd wet through. Because those diaper changes wake everybody up, right.

D

Deana Thayer 31:23

They do. In fact, on my earlier tip about eyeballs, one of my ways to get eyeballs back is I'll say, try changing their diaper in the middle of the feeding. And you're right... During the day. And so that's a, what I would call a stimulating activity, because some babies really hate it and just like cold air on their bum or whatever. So I agree. Poop always merits a change. You don't want them sitting in that, or if, if they've wet through the sheet, you have to do that amazing Olympic sport of crib mattress wrestling, then my heart goes out to you. Those kind of things would need to be taken care of. But otherwise, no, in fact, really even cloth diapers, there's so many amazing things now. They, they're designed to do the job. So let them do their job. Your job is nourish the baby if it's needed, and then get them back on the regularly scheduled programming of nighttime is for sleeping. So I would totally agree.

K

Kira Dorrian 31:31

That's during the day I love it. You know one thing I love about the book that you wrote about this particular topic about sleep, and I'm hearing it even in just what you're sharing today is that concept of going away from one size fits all. So many sleep programs, sleep consultants, sleep opinionated people, myself included, have a, "this is how you do it" perspective. And so as a new parent, you're like, but Dr. Sears says this, and what's her face, the sleep lady says this, and, and this person says this, and you're trying to pull all that together with exactly what you said, who you are as a person. What I love about your workbook is it's actually figuring out who you are as a person and basing your sleep choices on that. Which is so unique. No one else is doing that, no one else is saying, what do you need? What are your goals? What's your why around this topic? Now let's form a sleep plan around that. It's brilliant.

D

Deana Thayer 33:09

Well, and that's, that's just it, right? It's so overwhelming if you hear opinion after opinion, or there's method after method. Or maybe you've even tried some and they didn't feel like a fit for you or your family or your values. And so this is more of what I would say, more of a framework, not a method. Here are some strategies you can use. And you start from the

place of what can I handle? What can I handle with the crying? Why is sleep even important to me in the first place? How do I want to go about that? I actually had someone read my book. And this was extra special to me because I did do more of a schedule. And I'm, I'm not afraid to admit that it worked for me and because I needed sleep so desperately routine was really critical for me. And I'm, as I've said on the podcast before, I'm so type A like, that's the way I had to do it. But I actually had someone read my book and say, you know, this book helped me clarify my why of, this is my last baby and I'm okay still nursing in the night. But was able to use these other strategies and framework to make that decision. That felt really good to her. And so I actually love that. That's the most rewarding to me is when someone can read my book and realize it is not a one size fits all. It's, hey, work through the workbook and figure out what works for you. And then here are some tools that you can put into place. However, you want to figure out what works best for you. And then if it's important to you to get your baby being more aware of these circadian rhythms because you're right, we're our babies first teacher about that? So teaching them about night and day. And then if that's your goal, you can get some really great long sleep stretches, but it might even help clarify for you, wow, I'm, I'm okay not doing that yet. Or maybe ever. I mean, I don't know. Everybody's so different on that. But yeah, it's it's a huge thing.

K

Kira Dorrian 34:46

Yeah. Well, if you're interested in checking out Deana's book, it's available on Amazon. It's also available on our website futurefocusedparenting.com under the shop section, it's called Future Focused Sleep Strategies. If you're in the throes of newborn sleep, if you're expecting, or if you know someone who's expecting it makes such an awesome gift. So be sure to check those out. Thank you, Deana, for sharing all of your amazingness with us today. I have a quote.

D

Deana Thayer 35:12

Yes, please. When you told me this before we started recording, I'm telling you listeners, I was like, oh, yeah, you're doing that one today. It's a great sleep quote. Because it's so raw and authentic.

K

Kira Dorrian 35:22

Yeah, I was, yeah. Okay. So this is our quote today. So bear in mind listeners that when my babies were very small, it took me a long time to bond with them. So I did not have that immediate, you know, connection that some some mothers experience. So my friend, Laura came over when my kids were three, must have been four or five weeks old, they

were really tiny, and I was really tired. And she as she was leaving, she said, don't you just feel like you would go to the ends of the earth for them? And I said, no, not really. But I'd go to the ends of the earth for a nap. So that's your quote today listeners, because we get it. We've, we've been there and we understand for those of you that are there and we just highly recommend getting that strong why. In this particular topic it's so essential to help you parent with intention and get everyone's needs met, not just the baby's, also your own.



Deana Thayer 36:12

Absolutely. And then when it is hard, or when you're implementing it and you're tired and you're like, is this worth continuing? You have that intention to come back to and I think that's really important. You can come back to that when the going gets tough and it can help you soldier on.



Kira Dorrian 36:24

Yeah. For more information on Deana and her coaching you can go to futurefocusedparenting.com, click on work with us. We do have coaching packages on there, including a sleep one. And if you have any questions you want to email us for spin cycles info@futurefocusedparenting.com.



Deana Thayer 36:42

Raising Adults was produced by Kira Dorrian and Deana Thayer, and recorded in Kira's laundry room. Music by Seattle band Hannalee. Thanks for listening.



Future Focused Parenting 36:48

Enjoying these transcribed episodes of Raising Adults? Consider receiving the Future Focused Parenting newsletter, where you'll receive sneak peeks, parenting tips, special offers, exclusive early access to podcast information, and more! Simply go to bit.ly/raisingadultspodcast to sign up. You can also connect with us on social media! We're on both Facebook and Instagram: [@futurefocusedparenting](https://www.instagram.com/futurefocusedparenting). Our channels include podcast episode announcements, so you'll never miss new topics. We look forward to sharing more Future Focused Parenting content with you!