

Secrets Of Kids Who Don't Get Colds

HEALTHY KIDS
HAPPY FAMILIES

Parents

Good Manners Made Easy

Stop Biting, Hitting, And
Other Rude Moves

10
BEST
CITIES
FOR
BABIES
PLUS: CHECK
YOUR TOWN'S
SCORE, P. 182

Fix
Your
Child's
Worst
Eating
Habits

The Year's
**TOP
TOYS**
We're Giving Them Away!

Bedroom
Blahs?
Get Your
Groove Back

*Our Cover-Contest Winner
Brady, 11 months*

How To Cook Thanksgiving Dinner

(Even If You Think You Can't Cook!)

\$3.50 U.S.A.



PARENTS.COM
NOVEMBER 2010



With our help,
you'll finally get
some quality
shut-eye!

Your Midnight Cowboy

Tired of your little one's rustling in the wee hours? Learn how to get him (and you!) a good night's sleep. BY MELODY WARNICK

That newborn of yours took a while to figure out the difference between night and day—and you expected this. But you didn't anticipate that his whole first year could leave you feeling like you got a job working the graveyard shift. If sleep deprivation has you weeping into your coffee mug, take heart: It's possible to put an end to those 2 A.M. wake-up calls. "After 4 months, a baby's natural preference is to sleep," says clinical social worker Jennifer Waldburger, coauthor of *The Sleep-Easy Solution*. "He just doesn't always know how to stay asleep. But even bad habits are usually fixable in just a few days." Use our advice to sort out what's keeping your baby up at night.

SLUMBER-BUSTER

Your baby loses his paci again and again, waking him often.

SLEEP-THROUGH SOLUTION By 8 months, most Binky babies have the fine motor skills to put their paci back in their mouth—a good thing since experts say using a nighttime pacifier can

reduce the risk of sudden infant death syndrome (SIDS) during the first year. "Until then, your choice is either to get rid of the pacifier altogether, or to let your baby cry it out in the middle of the night," says Janet K. Kennedy, Ph.D., founder of NYC Sleep Doctor, a sleep-consultation service. She's helped many babies with this problem, including her own daughter when she was 5 months old. "From 4 to 5:30 A.M., we were constantly going to her room to put in her paci, so I finally just let her cry it out. It took a couple of days and was really brutal at first, but she was eventually able to go to sleep with a pacifier and then not need it again."

SLUMBER-BUSTER

Slight noises—even you clicking off a lamp—wake your baby.

SLEEP-THROUGH SOLUTION Use a white-noise machine or a fan to create a gentle hum that masks other sounds. "A whooshing white noise becomes a sleep association," says Dr. Kennedy. "If you turn it on as part of your baby's bedtime routine, it'll cue

PHOTO: JEFFREY MAYER; STYLING: KRISTEN PETLUSKI; GROOMING: NOELLE MARINELLI FOR ARTISTS BY NEXT

her to relax and go to sleep." Don't want to buy a noise machine? Search online for "white noise MP3s" for downloadable sound tracks, like one of a hair dryer.

SLUMBER-BUSTER

It's 4 A.M., but your baby's ready to play.

SLEEP-THROUGH SOLUTION If she's going through a developmental growth spurt, like learning to crawl, she may be too excited about practicing her new skill to quickly fall back asleep. Be firm about the fact that nighttime is not the time to play. "One night Alyssa awoke, wanting to-cruise from one side of the crib to the other," says Stephanie Gaczewski, of Darien, Illinois. "After a few moments, I left the room. She whined a little but soon stopped." If your baby is chatting and cooing, ignore her. "Hopefully, she'll entertain herself until she decides to go back to sleep," says Waldburger. But if she's crying, your baby may be experiencing separation anxiety, which usually comes with new motor development. When this happens more than 30 minutes before her typical wake-up time, soothe her for a few minutes, tell her you'll see her soon, then leave the room.

SLUMBER-BUSTER

Nursing is the only way your baby will go back to sleep.

SLEEP-THROUGH SOLUTION The one thing that seemed to soothe her col-

Snooze Schedule
A first-year guide to your baby's nighttime zzz's

| AGE | LENGTH OF P.M. SLEEP | WHAT YOU SHOULD KNOW |
|-----------|----------------------|----------------------------------------------------------|
| 1 week | 8 | Babies can sleep 16 to 18 hours a day. Half is at night. |
| 6 weeks | 8.5 | Nighttime sleep finally begins to solidify. |
| 3 months | 9 | You'll see a hint of a schedule. Move bedtime up. |
| 6 months | 10 | Now is the best time to sleep-train your little one. |
| 9 months | 11 | If she needs it, reteach your baby how to go to sleep. |
| 12 months | 12 | Still not sleeping? Ask your pediatrician for advice. |

icky daughter was nursing, but before long, Jonna Rubin, of Framingham, Massachusetts, had a baby who treated her like an all-night diner. Finally, her pediatrician suggested putting the baby down sleepy but awake, then checking in every three minutes until she nodded off. Amazingly, she conked out after just five minutes, no feeding necessary. In fact, 90 percent of 6-month-olds can sleep through the night without snacking, says clinical social worker Kim West, author of *52 Sleep Secrets for Babies*. Once you get the green light from your pediatrician to cease night feedings, you can slowly reduce them. If she's getting multiple bottles, eliminate one at a time over a four-day period. You can also try decreasing the amount of formula in each bottle. When she realizes that milk is no longer on the menu, your baby will stop angling for it.

SLUMBER-BUSTER

You rush to your baby's side before he wakes his sibling.

SLEEP-THROUGH SOLUTION Running to your baby the second he snuffles can make him depend on your presence to fall back asleep. But it's hard to let him fuss if you're worried he'll wake the rest of the household. Try warning an older sib in advance: "Jonah may cry at night, but he's just trying to learn to sleep all night." When the baby wakes up and so does your older child, soothe your big kid first. He's more likely to fall back asleep without a ton of added help, and you'll give the baby a chance to settle himself before soothing him. If you're in the thick of sleep training and anticipate a few grueling nights, consider sending an older sibling to Grandma's during this time. □



I love reading to my 9-month-old son. But does he get anything out of our story sessions?

Forget about the fact that he'd be just as happy to nibble on a book as to look at it. Reading to your little guy benefits him in multiple ways, says Amanda J. Moreno, Ph.D., associate director of the Marsico Institute for Early Learning and

Literacy at the University of Denver. For starters, it makes him associate books with comfort and nurturing. Helping your son make the connection between the words and pictures on a page (that fat pink animal is called a "pig") sets the stage for early language skills. Books also enhance social development. As you ham it up, he's figuring out the basics of conversation: "What do you think the pig will do next?" "Ma bah goo!" "That's right! He's going to eat the apples!" Even putting a board book in his mouth is educational, as he gets to practice his motor skills and learn about texture.