

... dealing with ... Early Morning Wake-ups



Sleep Environment

--> make sure the room is DARK (no light coming through the window, all status lights off or taped over), the sound machine is on (at least 60 dB) and that the room is around 19C



Schedule Change

--> it could be time to look at your LO's naps and see if they are getting enough or too much daily sleep. Keep in mind that EMWs are also common during nap transitions



Bedtime

--> more often than not, EMWs can be the aftermath of a late bedtime. In this case, I would suggest moving up bedtime 30-60 minutes! Ensure your child's day does not exceed 12 hours. and if naps are short for that day, just pull up bedtime!



Consistent Reaction

--> what is mom or dad doing during those EMWs? How are you responding? Most of the time, a parents reaction could be reinforcing the wake-up, so make sure you are treating this like any middle of the night waking and NOT taking your LO out of their sleep environment!

Teething or Sickness

--> these can also play a part in wakings - if baby is suffering from teething pain, consult your pediatrician about administering Ibuprofen (if over 6 months old). Give your child some grace if they are not feeling well!

Diet

--> monitor your LO's sugar intake. Avoid highly processed foods at dinner, and anything with artificial dyes! Try including foods with naturally occurring melatonin like bananas, almonds, or fish to name a few!

Iron Levels

--> there has been much research done in the link to behavior, altered sleep patterns and iron deficiency in children. If you have concluded that all other needs for your child have been met, and EMWs are still occurring, consult your pediatrician about checking your LO iron levels. Also ensure your LO is has enough iron in their diet like spinach, beans, lean meats and eggs!

Milestones and Sleep Regressions

--> keep in mind, this is also a normal part of hitting developmental milestones or sleep regressions - this is a phase, and can last anywhere from 2 to 6 weeks. The key in consistency - the more consistent mom and dad are in implementing routine and strategy, the faster your family will come out of and recover from said regression!