

Sleep Master Plan Workbook

Intervention: Return and Kiss and Stretching Night Feeds

PDF page #: 16

Start date: Thurs 25 Feb

Preparation					
Support activity (Communication/ Skill building/ Other)	PDF #	Date	Support activity (Communication/ Skill building/ Other)	PDF #	Date
Modelling	12	Wed 24 Feb	Wait and listen before intervening	10	Tues 23 Feb
Positive Routines	13	Thurs 25 Feb			
Waiting Games	11	Tues 23 Feb			

Time Line

Day	Thurs	Fri	Sat	Sun	Mon	Tues	Wed
Activities	Start Sleep Mapping					Waiting Games... Wait and listen...	Modelling
Day	Thurs	Fri	Sat	Sun	Mon	Tues	Wed
Activities	Positive Routines Modelling Intervention	Positive Routines... Intervention...					

Communication Activity

Imagine doing your intervention tonight. How would the routine and interaction be different from usual? Consider the following:

1. What are going to be the hardest changes for your child? How can you communicate these changes in advance?

No more feeding on demand during the bedtime routine and overnight feeds.

Model using a no-milk top to signal when milk is no longer available.

2a. What new boundaries are you putting in place? How will you communicate them (e.g. modelling, story)?

Feed once each side then no milk until morning. Modelling.

2c. What is “good” expected behaviour? How will you communicate this?

When waking at night, roll over and go back to sleep. Possibly turn on pony. Model night waking behaviour. Praise good sleeping.

2d. How will you react to boundary testing? How will you communicate this?

Gentle, firm statements. "Sorry, no milk until morning. Here is some water. Time to lie down." Show Teddy asking for milk at night, and model this response.

3. What habits need to be broken?

Standing in her cot calling out for milk. Drinking milk before resettling.

3b. How will you break these habits?

Lie Beth down as a first response to crying. Tim will respond initially to make it clear that milk is not an option.

Skill Building Activities

What do you want your child to do, that she can't or won't currently do?

Lie back down. Turn on Pony.

Make this into a game (or a number of separate games) you play during the day.

For example:

Babies: Instruct, then physically do it for them.

E.g. "Name... Lie down!" Then lie them down.

Toddlers: Start like you do for the baby. Then get your toddler to do it. Then add a time element ("I'm going to count, how quickly can you [*lie down*]? 1... 2... 3... Wow [3] seconds?! That is quick! Good [*lying down*]!").

Preschoolers: Musical [*lying down*]. "When the music stops [*lie down*] as quickly as you can."

Contingency Planning

Imagine implementing the new intervention. How is your child likely to react? Write down your worst case scenarios and how you will respond.

1. If Beth is screaming when first put down:

I will hold her in lying position and pat and hum as long as it takes for her to calm down. If she gets more and more distressed, and doesn't show any sign of calming in 20 seconds then I will pick her up, hug her, and wave 'night night' to things out the window before putting her down again. Repeat as necessary.

2. If Beth cries when I leave:

I will still wait, often separation cries are short I find, I may go back in sooner than I otherwise would have, but the beauty of return and kiss is I am not rewarding crying, because I return regardless of whether she is crying or quiet.

3. If Beth is standing and playing when I re-enter:

I will say "Time for sleep Beth, lie down if you want a pat" count to 5, then pat if lying down or say "Night night, I'll be back" and go out.

4. If no milk distresses Beth at night:

I will stick to water only and use contingency plan 1.

5. If Beth wakes more frequently than usual:

Two night-wakings within an hour are not unusual for Beth. Any more than that and I will consider stretching out night feeds rather than completely removing night feeds.

6. If I am doing contingency 1 or 4 and I am not coping:

I will say, "night night, I'll be back" and either regroup (deep breaths outside seem to help me), or call in my husband as back up.