



The Resting Nest

helping families rest their best



Nursery Transition



Introduction

Before baby comes we put a lot of effort in creating the perfect nursery, but here's the truth: Most newborns don't actually sleep in their rooms initially. Most likely, your baby will start off snoozing in YOUR room. In the beginning of your baby's life this is truly the safest and most convenient place for them to sleep during those early weeks and months.

BUT... at some point, you will find that you'll want to reclaim your bedroom and finally use that well-decorated nursery. This packet is to help you as you make this big transition. In

the next pages I will answer common questions I receive from clients during this big transition and tips in how to make this transition smooth for you and your baby.





When to Transition



When is the right time to transition from room sharing to nursery?

The AAP recommends that your baby sleep in the your room for at **least the first 6 months of your baby's life, up to year old. A YEAR!** This recommendation was made by the AAP to help **decrease the risk of SIDS.** As a sleep expert I know that babies truly sleep better in their own room **after the ages of 4-6 months**, so how do I guide my clients when making this big decision. **What is truly best?** These recommendations from the AAP left me torn and I know many parents of littles torn on when to transition to the nursery. This is just a decision parents shouldnt have to make. **"Do I help my baby and family get more sleep at the risk of something happening to my baby?"**

Thankfully, in June 2017, the AAP published a follow up study on this topic of room sharing and calls out the recommendation of the AAP stating, **"there simply is not any substantial evidence that room sharing PREVENTS SIDS for older babies."** The research also found that room sharing **past 4-9 months actually resulted in LESS SLEEP and MORE NIGHT WAKINGS.** The pediatric experts in the study point out that for babies, **"inadequate sleep affects nearly every health domain, including emotional regulation, mood, and behavior in infancy and childhood."** The study also went on to find that babies who room share beyond 4 months of age were **four times more likely to be pulled into their parents bed during the night.** Pulling a baby into bed and sleeping with loose bedding is known to **increase the risk of SIDS.**

In summary, the AAP's recommendation of room sharing for the entire first year didn't take into account the whole picture of infant sleep safety. Don't be mislead. I encourage room sharing the first several months of your baby's life and even longer if that's whats best for you and your family. **BUT**, if you are ready to make that transition then you go ahead momma! Do what is best for you and your baby!



How to Transition



Here are five tips in how to transition your baby smoothly to their nursery:

1

Practice at least one nap a day in the crib in the nursery.

2

Go into the nursery multiple times during the day. Do diaper changes, get dressed, and play on the floor. This creates positive associations to the room.

3

For 3-4 nights prior to transitioning, do the bedtime routine in the nursery and then bring the baby in to your room as usual.

4

On the first night of transition, keep her in the same bassinet that she was in while sleeping in your room, but move it into the nursery.

5

After 3-5 nights, move baby to the crib. If she wakes up in the night, transition her to the bassinet in her own room. Each night try to go longer and longer.

You do not have to do all of these steps to transition your baby to their nursery. You know your baby best, so you'll be the best one to know which steps will work for your little one.



Safe Sleep



Go through this checklist and to make sure your baby's sleep space is safe.

	Baby's sleep surface is firm.
	Baby's sleep surface is flat.
	Baby's sleep area is labeled a crib, bassinet or pack n play.
	No blankets, pillows, stuffed animals are in the sleep space.
	The crib does not have bumpers.
	The mattress has a tightly fitted sheet. No crinkles.
	There are no gaps around the edge of the mattress.
	Baby is placed on their back the whole first year of life.
	Ceiling fan is on and the environment is cool (68-72 degrees)
	Do not hang canopies or mobiles above the crib.



Take all of this information and as a family decide when you believe it is best to make this transition. If you decide that you want to wait until your baby is a year that's perfectly fine! If you decide that your family is ready for this transition take all the steps in creating a safe space for you baby and then use the tips given in this packet to make the transition.

If you are needing additional help with your baby's sleep please email me and let's set up a free consultation to talk more about how I can help your family rest their best!

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