

# Parenting Revolution

Baby Edition

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# Get Into Rhythm

## ACTIVITY SHEET

Once the shock and adjustment of bringing your newborn home has passed, you may find yourself ready to implement a routine. Not only is this good for reducing your own stress levels by adding predictability to your day (and night), but it can also help your baby feel more secure. Getting into a good day-night rhythm helps your baby create helpful associations between time and activity. Once your baby gets into rhythm, they will even start to anticipate what's coming next.



### OBJECTIVE SUMMARY

#### **This session is designed to help you:**

- (a)** know what a baby's routine looks like
- (b)** learn how to help your baby create positive associations with sleep
- (c)** get into a healthy day-night pattern that will help reduce stress and ultimately help your family to thrive

# Plan. Organise. Prioritise.

**TO MITIGATE STRESS, CREATE YOUR  
OWN RHYTHM AND ROUTINE.**



**What daily rituals can you engage to help you thrive in each of the following areas?**

## 01 RELATIONSHIP WITH GOD

*EXAMPLE: "A quiet time in prayer, worship or reading God's Word each morning (before baby wakes) to start my day well. I will invest in my relationship with God, call on His strength, and allow Him to nurture my soul."*

## 02 PERSONAL WELLBEING

## 03 INTIMACY WITH SPOUSE

## 04 LOOKING/FEELING GOOD

## 05 SOCIAL CONNECTION

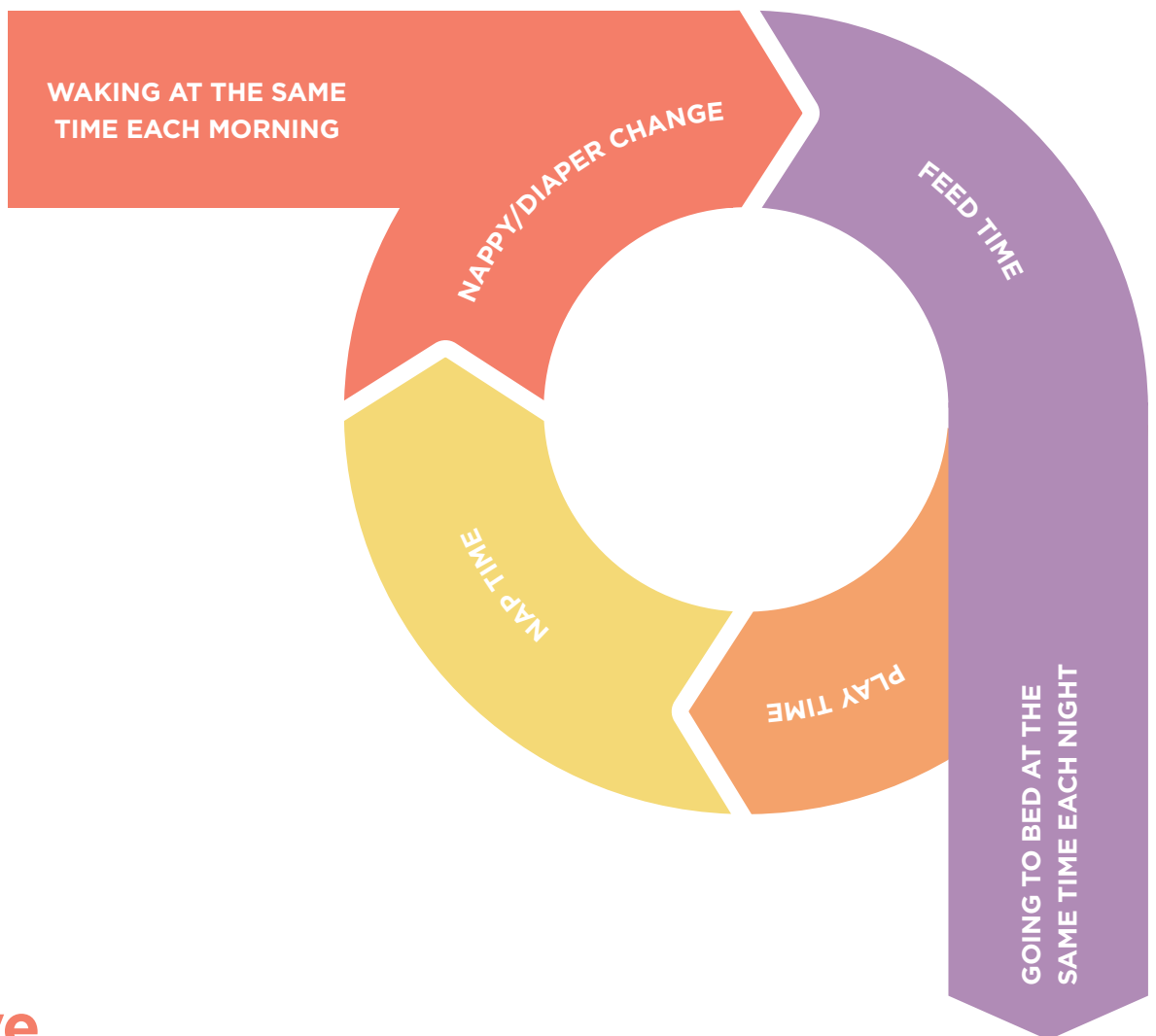
## 06 MINISTRY OPPORTUNITIES

## 07 BOND WITH BABY

# What does a Good Routine Look Like?

While 'on demand' parenting may be best for you and your baby during the early phase of life, between 8-12 weeks you should be able to implement a scheduled routine. In fact, as your baby settles, a routine will likely start to take shape all by itself. Of course, your baby's needs will change from day to day, and therefore, it's important to stay flexible. However, routine creates predictability, and predictability creates security!

**Routine typically revolves around feed, play and sleep. Consider the following suggestions:**



**Once you've established a schedule, consistency is key!**

Your baby may need a bit of help to settle into their routine, but so long as you're consistent in your approach, they'll adapt in no time.














**ONCE A BASIC ROUTINE HAS BEEN ESTABLISHED, YOU CAN ADD TO IT, REFINE IT, AND BUILD UPON IT. BUT EVEN MORE IMPORTANT THAN WHAT'S IN YOUR ROUTINE, IS HOW YOU IMPLEMENT IT. IF YOUR DAILY IMPLEMENTATION IS CONSISTENT, YOUR BABY WILL QUICKLY LEARN CUES FROM THEIR ENVIRONMENT TO HELP THEM GET INTO THE GROOVE WITH YOU.**

**Bath.  
Bottle.  
Book.  
Bed.**

# Start with Slumberland

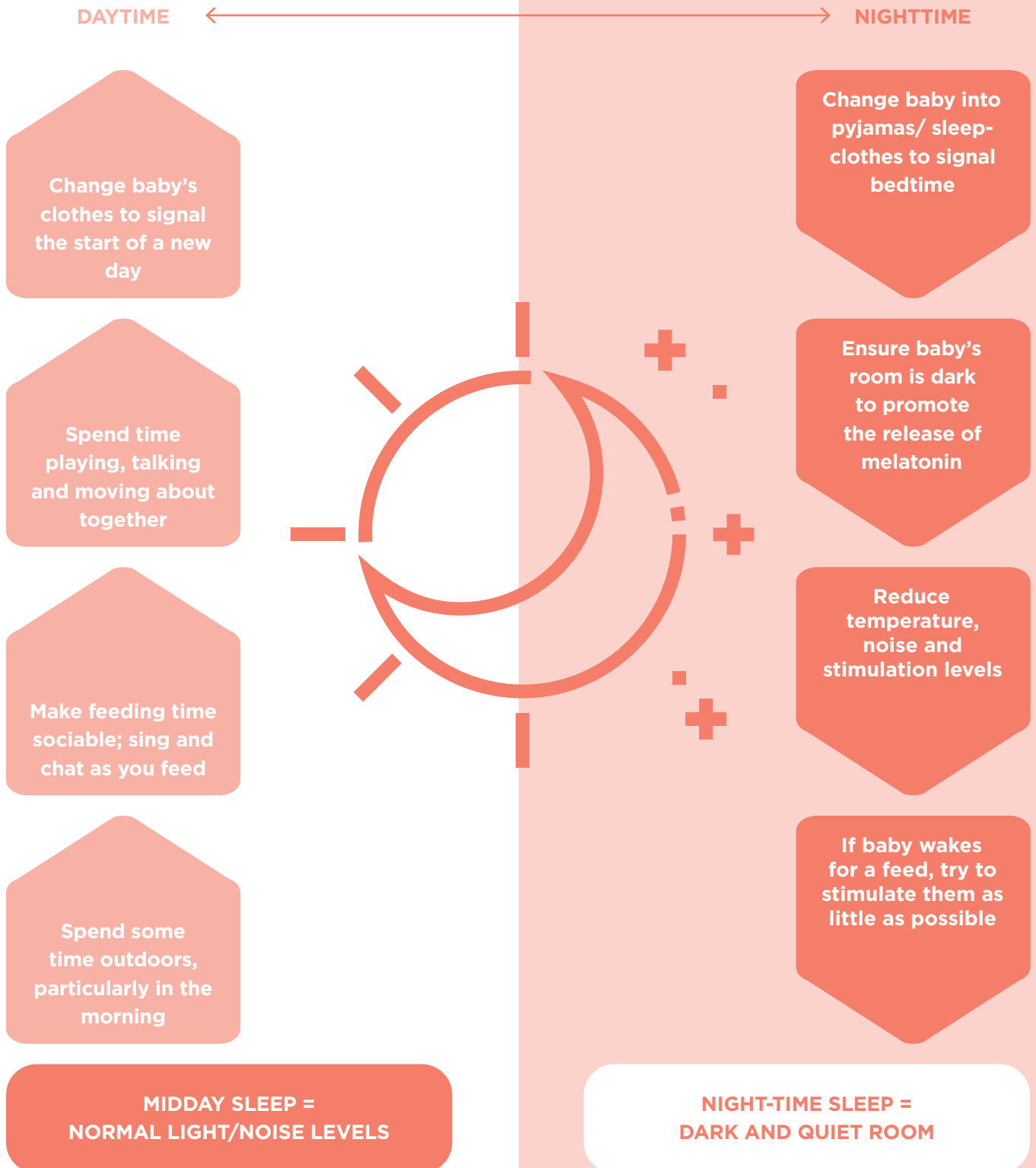
From the earliest phase of life, your baby will be processing environmental information and learning positive and negative associations. As your baby grows older, these associations can be used to help put them to sleep. By intentionally introducing positive associations, your baby can end up learning how to put themselves to sleep.

Consider the following examples of positive association:

-  PUT BABY DOWN TO BED WHEN CLOCK CHIMES
-  SWADDLE OR PLACE BABY IN AN INFANT SLEEP-SACK
-  INTRODUCE A SOFT COMFORT TOY (REMOVE FOR SLEEPING)
-  PLACE BABY IN COT WHEN SLEEPY (BUT STILL AWAKE)
-  CREATE THE SAME SLEEP ENVIRONMENT EACH DAY/NIGHT
-  PAT BABY TO SLEEP WHILE LYING IN THEIR COT
-  PLAY A LULLABY, SOOTHING MUSIC OR WHITE NOISE
-  SING TO BABY THE SAME SONG WHEN PUTTING THEM DOWN
-  DIM THE LIGHTS (ALSO KEEP LIGHTS LOW FOR NIGHT FEEDS)
-  PUT BABY INTO SPECIFIC 'SLEEP CLOTHES' OR 'JUMPSUIT'
-  STROKE BABY'S HEAD, BACK, LEGS AND/OR ARMS
-  READ A STORY OR LOOK AT A PICTURE BOOK TOGETHER
-  GIVE BABY A BATH (TO WARM CORE BODY TEMPERATURE)
-  FEED/BURP BABY IN A SPECIAL PLACE (I.E. ROCKING CHAIR)

# Siesta or Fiesta?

When babies are born, they don't automatically know the difference between day and night. They'll eventually figure it out on their own, but it takes time and requires patience. However, there are some things you can do to teach your baby the difference between day and night - so they don't party all night and sleep all day.



# The Name of the Game = Familiarity

Your baby is not only forming an attachment to you as mum and dad; they're also forming an attachment to everything in their sensory environment. Anything that is recognised as familiar, consistent, safe and dependable, your baby will form an attachment to. That's why familiarity is the name of the game. Together as a couple, create your own familiar day and night sleep time routine. This way, it doesn't matter WHO puts baby down, they'll be familiar with the 'slumberland process'. Not only will this help your baby settle faster, but in feeling safe and secure, they'll also likely sleep more soundly.



## DAYTIME NAP

What's your familiar time, sound, smell, taste, temperature and touch-based nap routine?

01			04
02			05
03			06

## NIGHTTIME SLEEP

What's your familiar time, sound, smell, taste, temperature and touch-based sleep routine?

01			04
02			05
03			06



A photograph of a man with glasses and a beard looking down at a laughing baby. The man is wearing a dark blue t-shirt. The baby is wearing a white t-shirt with a blue pattern of rockets and the word 'BOOP'. The background is a bright, outdoor setting, possibly a beach or a park.

# Out of organisation comes creativity

**WHEN YOU PLAN YOUR DAY, RATHER THAN BE REACTIVE, YOU BECOME PROACTIVE. WHEN YOU PLAN MARGIN INTO YOUR MAYHEM, YOU DISCOVER ADDITIONAL ENERGY, GREATER SCOPE FOR SPONTANEITY AND ULTIMATELY... MORE CREATIVITY.**

**CREATING A FAMILIAR RHYTHM AND ROUTINE IS ESPECIALLY IMPORTANT IF YOUR BABY HAS A DIFFICULT TEMPERAMENT, HAS MEDICAL ISSUES OR IS EXPERIENCING ONE OF THE MANY ADJUSTMENT CHALLENGES COMMON TO INFANCY (RANGING FROM REFLUX AND NAPPY RASH, THROUGH TO COLIC AND TEETHING). FAMILIARITY AND CONSISTENCY WILL NOT ONLY HELP YOUR BABY SETTLE AND FEEL SECURE, IT WILL HELP MINIMISE YOUR OWN TENSION LEVELS TOO.**

# Beyond Slumberland

Think about a 24-hour period in your household. In the table below, set out an ideal routine. In each time slot, write down (a) the activities/tasks you would like to accomplish, and (b) the needs of your baby (as well as your relationship and yourself) that you would like to meet. Remember, this is your 'ideal plan'. Therefore, you'll need to remain flexible and adaptable.



## MORNING:

6:00 - 7:00

7:00 - 8:00

8:00 - 9:00

9:00 - 10:00

10:00 - 11:00

11:00 - MIDDAY

## AFTERNOON:

12:00 - 13:00

13:00 - 14:00

15:00 - 16:00

16:00 - 17:00

17:00 - 18:00

## EVENING:

19:00 - 20:00

20:00 - 21:00

21:00 - 22:00

22:00 - 23:00

23:00 - MIDNIGHT

## OVERNIGHT:

MIDNIGHT - 6:00

EXAMPLE: Wake up; Morning prayer time and devotions.  
- Shower.  
- Wake, change, feed and dress baby. Have healthy breakfast.  
- Go for morning walk with baby in stroller/pram...

