



Frequently Asked Questions

When to Introduce a Pillow/Blanket:

We do not recommend any additional items in a crib for a child of any age. No railing covers of any kind, no additional padding or extra pillows in the crib. One blanket can be introduced at 12 months and up, and one pillow at 18 months and up.



When to Introduce a Lovey:

Not before 12 months (as per AAP recommendations)



How to Approach a Baby Who Falls Asleep Standing Up:

Try to put them down once, if they wake when being put down and start to cry all over again, leave them in sitting or standing and monitor for safety. Ultimately it is better if the child independently realizes that it's more comfortable to sleep in a laying down position.

When baby starts rolling onto tummy, do we flip them or leave them?

Baby must be able to roll both directions before it's OK to allow them to remain in the sleep position he/she assumes. Until they've demonstrated the ability to roll themselves from front to back, parents will have to go in and correct their positioning.



Tricks for baby pooping in the night/during nap:

1/4 cup of oatmeal before bed. Banana before bed can also be helpful. Doing some infant massage that will help get things moving before the nap.



At what age do we recommend we stop swaddling?

Swaddles are safe to use as long as baby is on their back and they do not overheat the baby. They should not be too tight around the hips and knees. When an infant exhibits signs of attempting to roll, swaddling must stop.

What to do when the child throws up during sleep training?

Take the child out of the crib to clean up, change jammies and sheets if needed, give them a quick hug or very short cuddle, and then put them right back into the crib and keep going with the plan.

Sleep Training a Toddler and a Baby

If the kids share a room, always move the baby out of the room and leave the toddler as is. If both parents can help, train both kids at the same time. If not, then start with the baby, as that will be the easier case, and then move on to the toddler.

