

- 1  **Day and Night:**
- 2  **Sleep in the Big Picture**
  - ❖ According to the US National Sleep Foundation, 60-70% of adults say they are sleep deprived or constantly tired
  - ❖ 58% experience insomnia several nights per week
  - ❖ 35% experience insomnia every night
  - ❖ According to the latest issue of North & South, we are no different
- 3  **What about Sleep?**
- 4  **Normative Sleep Data**
  - ❖ 50% of time in REM sleep
  - ❖ 50 minute sleep cycles (versus 90 minute adult)
  - ❖ Up until age 3 months, enter REM sleep first and don't have an established circadian rhythm
- 5  **Self Soothing and Signaling**
  - ❖ The categories are not mutually exclusive
  - ❖ In studies over multiple nights, babies often alternated categories
  - ❖ All signalers had at least one silent night waking
  - ❖ 81% of all 6 month olds attempted to self soothe upon waking
- 6  **Understanding Infant Sleep**
  - ❖ False and unrealistic expectations of infant sleep lead to:
    - confusing parent's 'needs' with best interests of baby
    - belief that the only good sleep is an uninterrupted one;
    - idea that infant sleep behavior correlates with good moral character and future abilities
    - others as experts
    - infants and parents as adversaries
- 7  **Stress & Regulation**
  - ❖ Babies aren't born with the ability to regulate their states
  - ❖ Need a relationship to do that for them, then with them, then on their own
  - ❖ With the brain, *what doesn't kill you makes you weaker*
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9  **Stress Response**

*Stress Cycle*

- ❖ Hyperarousal: Major stress hormones, hypermetabolic state, short term coping, 'fight or flight;' infants can't fight or flee so they rely on a caregiver
- ❖ Dissociation: Helpless/hopeless, endogenous opiates, cortisol, become 'unseen;' arousal hormones still present
- ❖ There is nothing good about dissociation - it is fundamental disconnection and loss - it is toxic

10  **Damaging Effects of Stress**

- ❖ Stress hormones damage brain structures and inhibit protein production
- ❖ Create a 'survival' response: burn the furniture to stay warm
- ❖ Early and prolonged stress damages all stages of development
- ❖ Stress up-regulates sodium to the point that brain cells burst and die
- ❖ Chronic stress studies show a 10-20% smaller hippocampus
- ❖ Stress creates a depressed immunological system
- ❖ **CHANGES BRAIN CHEMISTRY MAKING YOU MORE VULNERABLE TO STRESS**

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13  ***What is Soothing?***

- ❖ Self-soothing and settling occur when a baby feels SAFE
- ❖ Anxiety, stress or fear blocks this
- ❖ Not the same as lack of stimulation
- ❖ So... quiet, dark, alone, no stimulation...these are not the keys
- ❖ For babies, calm and settled often means sounds, presence, movement, touch

14  ***Co-sleeping Uncovered***

- ❖ American Academy of Pediatrics - 'proximate'
- ❖ "Something healthful happens when mothers and babies sleep together" William Sears
- ❖ More rest

- ❖ More satisfaction
  - ❖ More intimacy & connection
  - ❖ More attunement
  - ❖ More breastfeeding
- 15  **Understanding Sleep...**
- ❖ As separation
    - Negotiated first at birth
    - Anxiety-producing
    - Can be triggered by other separations, such as weaning or return to work
    - Use the relationship to soothe, to regulate, to reduce stress...assists in sleep and settling
- 16  **Understanding Sleep...**
- ❖ Shift thinking
  - ❖ From: *How do I get my baby to sleep?*
  - ❖ To: *My baby is learning to go to sleep with my help.*
  - ❖ As brain grows and develops and those connections are made, the skills expand
- 17  **Understanding Sleep...**
- ❖ Follow baby's cues
  - ❖ Look for signs of readiness
  - ❖ Encourage baby's abilities
  - ❖ Support baby whenever needed
  - ❖ Examine your own anxieties, fears, expectations, pressures
  - ❖ Brain development and psychological health are not only at work when the sun is up
  - ❖ Going to sleep is an interaction between a parent and a child who love each other
- 18  **Learned at the Breast**  
*What Attachment Research Can Tell Us About Breastfeeding*
- 19  **What We (May) Know**
- 20
- ❖ Breast is best
  - ❖ Breastfed babies are healthier
  - ❖ Breastfeeding mothers are healthier
  - ❖ Breastmilk is the superior nutrition for babies

### What We Miss

- ❖ Breastmilk feeding and At-the-breast feeding are NOT the same thing
- ❖ Feeding is first and foremost a relationship in which nutrition – and nourishment of many other kinds – are transmitted (or not)

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### 22 **What We Do Know**

- ❖ Increased touch & skin-to-skin contact
- ❖ Increased carrying
- ❖ Greater responsiveness
- ❖ Greater social interaction
- ❖ Greater proximity
- ❖ Decreased stress response
- ❖ Decreased post natal depression (and protection for baby)
- ❖ Increased familiarity – attunement, cues
- ❖ Unavoidable
- ❖ ...Focus on feeding and nurturance

### 23 **What We Feed Our Babies is Important... *How We Feed Our Babies is Key***

- Warm, loving and healthy connection occurs with all sorts of feeding relationships – from mother-baby exclusive breastfeeding to non-related caregiver feeding from a bottle.
- To ignore the evidence from breastfeeding is to miss the fundamental importance the feeding relationship has on an infant's life, a mother's sense of self, and the wellbeing of whanau and society.

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