

YOUR REGRESSION GUIDE



A step-by-step guide
to helping your understand
regressions & what you can do.

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WHAT'S A SLEEP REGRESSION?

A sleep regression is a change in your little one's sleep habits. When they used to sleep one way but it gets off track. The truth is that's almost always a good thing. Let me explain!!



important tip

IT WON'T LAST FOREVER!!

Regressions are caused by a developmental leap. Your little one's brain and capacity is GROWING! They become capable of more, and for some reason.....sleep can be the price they (and we) pay. A regression can last 4-6 weeks.

Similarly, any life change can also cause a regression. For this guide's purpose, we're focusing on developmental changes.

But there's good news!!

4 MONTH SLEEP REGRESSION

CAUSE-

Your 4 month old is now more aware of the world than when they first came into it. Along with that, their sleep patterns change and go from newborn sleep patterns to more adult-like patterns. They're also working on rolling back and forth.

Because of these changes, they might rely more on you to rock or feed them to sleep if that's what they're used to.



HOW YOU CAN HELP-

This might be a good time to work towards independent sleep skills or work on removing those associations. Instead of rocking to sleep, you may try laying them down in their crib and patting to sleep.

6/8 MONTH SLEEP REGRESSION

CAUSE-

Between these ages baby is now sitting up and possibly crawling, even holding things with their own little hands! Teeth might also be coming in and separation anxiety (8 months)!



important tip

A regression can happen a month before or after a certain age

HOW YOU CAN HELP-

Work on their new skills every chance you get while they're awake. This helps make it look less appealing when they're in their own space and want to practice.

For separation anxiety, play peek-a-boo and also play it with a mirror or with you outside their room and them inside. This will start to teach them that you WILL return.

12 MONTH SLEEP REGRESSION

CAUSE-

A whole year of life!! We now have a more aware baby, more teething, separation anxiety can still be at play, and maybe even overstimulation is at play.

important tip

Not every baby will experience a sleep regression.



HOW YOU CAN HELP-

Continue practicing their skills while they're awake. Let them practice their walking.

Keep working on separation anxiety (never sneak out) and independent sleep skills if you haven't started already.

Continue with routine and schedule, your "goodbye," keeping the room dark...keep everything the same.

18 MONTH SLEEP REGRESSION

CAUSE-

We now have a more opinionated child who will start to test the boundaries. You've also made the transition from 2 naps down to 1. Getting into toddlerhood has now made them more emotional and string together their cognitive skills.

important tip

Stick with consistency. It can be hard, but it helps in the long run



HOW YOU CAN HELP-

Hold firm to the boundaries you've put in place, keep to your routine.

Consider adding child-led play into their bedtime routine so they start to feel like they have a say and a part of the bedtime routine experience.

Lots of love and consistency.

2 YEAR SLEEP REGRESSION

CAUSE-

YOU NOW HAVE AN OFFICIAL TODDLER! That comes with molars coming in, opinions, more cognitive skills.

You may see them fighting naps or giving you struggles at bedtime.



important tip

Regressions can last 4-6 weeks so remain consistent.

HOW YOU CAN HELP-

Let's start by giving them choices at bedtime. You bring out two books and/or pajamas and they decide which one to read and/or wear.

Make sure they have enough sleep pressure to NEED to fall asleep at naptime and bedtime. They usually need 4.5-6 hours.

Conclusion and Next Steps

Regressions aren't something to be nervous about. The most important thing is to have a plan of action and be consistent.

Many children won't show all the signs, or experience every regression. You know your child best, so make the decision that best fits you, your little one, your family dynamic.



Thank you!

If you are needing more support, please contact me and I invite you to follow me on social media and online.



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