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[00:00:00] **Delphine:** [00:00:00] welcome back to the access to education podcast, where we talk about everything having to do with special education and learning differences, sleep. That elusive thing that all parents seek from almost the moment their child arrives as children develop their sleep cycles. Change for myself as a mom, I always felt as though, just as I was figuring out the sleep thing, they changed the rules.

As our children grow up, the struggles become different. As a mum with two kids, with ADHD, I'm forever looking for ideas and ways to support positive sleep habits in our house. It is still a nightly struggle to either get them to sleep at first or for one of my kids to stay asleep all night long. If he's not turning on all the lights to get to the bathroom, he's turning on his radio for background noise.

So with all the various ups and downs and sleep, I wanted to share with you an episode, all about sleep. Rosalie is a certified sleep consultant. She works with families to guide them through the ups and downs of their own sleep journey, through understanding and empathy of her [00:01:00] own sleep journey. Rosalie welcome to the show.

Um, as an early riser in my house, we were just talking, everybody was up at four 30 this morning. I'm real excited for this. So welcome.

**Rosalee:** [00:01:13] Thank you so much for having me Duffy.

**Delphine:** [00:01:15] Um, so let's maybe start at the beginning sort of for you in terms of why you wanted to become a sleep consultant because, um, I love sleep, but I don't know that I can help other people figure it out.

So what made you want to become a sleep consultant? Yes. Well,

**Rosalee:** [00:01:31] definitely sleep is one of my favorite pastimes. That's for sure, but that's not why I got into this in the first place. So, um, I was a new mom, my oldest Sophia. It's so hard to believe, but I'll tell you every time I tell this story. It takes me right back to that place that I was in.

And yet she's almost eight years old at this point. It's so funny how, you're just, you could just remember exactly where you were at that time. So she was first born. We were obviously new parents and, um, she was a very unhappy baby. So we had a few [00:02:00] feeding issues that happened at the beginning, but those were largely figured out.

Um, there was nothing really medically wrong with her. You know, everything was totally fine and checked out, but. She was just really unhappy. So she would cry and fuss and sometimes scream for hours a day for the first three months of her life. And I mean, that's with our support. So you know, her dad and I would be bouncing her, popping her into carriers, walking around the room, using white noise, all of the things.

To get her to calm. And it usually took multiple things simultaneously applied for her to just calm. Uh, so she was pretty unhappy and we were new parents. So we really didn't know that this was sort of an extreme situation. Um, I remember turning to my friends and saying, why didn't you

**Delphine:** [00:02:46] tell me it was like this?

And they said, well, no, we didn't really have

**Rosalee:** [00:02:50] it like that. Anyway. Um, so she was really unhappy. And then, you know, because of that unhappiness, what some might call colic, um, She didn't sleep very [00:03:00] well. So she needed a lot of movement to sleep. She needed a lot of movement to stay asleep and she wouldn't sustain sleep.

So meaning that in the daytime, maybe we would get 15 minute naps or no naps at all. And at night we would get maximum 45 minute stretches and that's after a lot of work to get her to sleep. So it was simply torture, especially for someone like me who needs a lot of sleep on them. I'm on a higher needs.

It's higher sleep needs. And I also have a chronic illness. That means that sleep is even more important to me. So, um, I have a balance disorder that actually I'm hard of hearing from. I'm totally deaf in my left ear. And if I don't get the sleep that I need, I can be. Quite literally, totally off my equilibrium in the day and needing to be in bed, not, not able to function so that wasn't an acceptable alternative to me.

I wanted to be a mom. I want it to function. I wanted to enjoy time with my baby. Um, so, you know, there's a whole kind of [00:04:00] side story where we got support from postpartum doulas and, you know, sort of trying to white knuckle everything for a long time. But eventually we got some professional support with sleep.

We had to, um, we just couldn't do it anymore. And that experience sparked a really intense desire, uh, for me to look into the science behind sleep, because I have a science background. I worked in healthcare for about a decade, um, in, in chronic illness, uh, policy development and implementation. And I have my PhD in something completely related, but you know, I'm very much interested in science and evidence-based approaches.

So I got really interested in that. I studied, I trained, I became certified I'm certified now in pediatric sleep. So the first. Six years of life. And even beyond I will work with children that are a little bit older than that as well. And also I'm in newborn sleep. So the first three months of life, because contrary to popular belief, there's actually a lot we can do from the very beginning.

To prevent sleep issues from happening in the first place. Um, and, [00:05:00] and sort of avoid the big secret deprivation that happens at around that three to four month Mark. So I built my business, baby, sleep love. And here I am over a thousand clients later and I love what I do. I help families get more sleep.

**Delphine:** [00:05:15] More sleep. We all want more. That's what it's all about, right? Yes. So if we think about kids, so I know you talked about, and I never even considered sort of infant sleep. I just figured infants just don't sleep. That was actually, no, that's not fair. My first child at four weeks, it was Christmas Eve. He was four weeks old.

My husband and I woke up and we were like, did you get up? No. Did you get up? No. Is he alive? Um, because he hadn't, it was the first time in four weeks. He hadn't woken up several times. So I had one good sleeper. I have one who's. Nine and stuff, still not sleeping. Um, and then, I mean, our five-year-old, she just kind of does her thing [00:06:00] and she sleeps and we're all good.

But, um, so some of the listeners might have children between the ages of sort of three and up. So I'm kind of thinking school, age kids. Yeah. What I'm wondering about, because I feel like I hear differing numbers and maybe there isn't a specific goal that we should be getting, but as parents. What is the recommended sleep that children should get, say school it's so thinking three years and op, because some kids are three, when they start kindergarten, how much sleep should they be getting?

Like, is there a guideline, like there would be for food? I don't know if that makes sense.

**Rosalee:** [00:06:37] Yeah. Yeah. So it's a good question. I always put a big disclaimer though, when anyone ever asks me about numbers because every child is completely unique and I never want a parent to feel like, Oh no, we haven't achieved that number of overnight hours.

So maybe there's something wrong with my child. And really, it depends on so many different factors and temperament actually has a large part of it. So, [00:07:00] you know, I say these numbers very cautiously, but yes, around three years old, Um, you know, anywhere from 12 to 14 hours of sleep is a good target. It really depends though on if that little one, right at three years old, where either they're transitioning out of a nap or starting to transition out of napping.

So what I will say is for three-year-olds, who are starting to. Resist their nap and potentially phasing it out. We just want to make sure we're allowing for 12 to 13 hours overnight because you got to compensate for not having that nap in your day anymore. Uh, and certainly if you could have some rest time in the middle of the day, that's wonderful.

Not all children will be accepting of that and not all families are consistent with breast time. So, you know, be that as it may low key afternoon activities are what I recommend when they're starting to transition out of a nap and then early bedtime. So that you're allowing for, like I said, 12 to 13 hours to compensate for that loss sleep in the daytime.

And then as the child gets [00:08:00] older, you're going to allow for less sleep. Right. So. They're not going to need as much. So we're starting at that three-year-old phase around 12 to 14 hours. By the time we get to six, seven years old, maybe we're only getting 10 hours. Again, the most important thing is, remember your own individual unique child and what they need.

If they're happy, they they're not falling over asleep or taking naps in the day. You know, because they're not getting the sleep they need. They look well rested. They're able to focus on their activities. Those are the most important things to look at versus how many hours of sleep did they get?

**Delphine:** [00:08:35] Okay.

You talked about naps for a minute, and that was always my biggest question, because I feel like there's a huge kind of up and down. You know, when I'd compare with other friends, I'm like, Oh, the kid has to, are they still napping? I mean, my eldest, when he was four was still napping at school. Like he would fall asleep at school after lunch and his teachers were lovely and would let them asleep.

Right. They understood clearly he just needs that nap. [00:09:00] How do you know, kind of when, when is nap time, the glorious nap time? When does that phase over? And is it always a consistent age or again, is it based on the child and kind of what they need? Yeah. Yeah.

**Rosalee:** [00:09:15] So again, all children are different. This is usually on average happening between about two and a half to five years old.

So your little one that was still napping, a four, that's not the common situation, but it's definitely within that range. Um, I see in my practice on average, about three years old is when they're ready. And there's usually two main ways that we understand that they're ready. So. The first way is the way that I just talked to though they're just not sleeping anymore.

Or maybe they're sleeping every couple of days for their nap, but not every single day. And eventually they just kind of phase it out and we have to do things like compensate with earlier bedtime, low key activities and the rest of it. Like I just said, the second way that we know that that nap isn't serving them anymore is if bedtime is becoming later and later and later becoming [00:10:00] undesirably late.

Because the thing is nighttime sleep is the most important. It's the most important for the whole family because the adults in the house made their nighttime sleep. They're not usually having a, it's also the most restorative, the most important type of sleep at this age. So if your nap in the day is getting bedtime to become later and later and later, you know, okay.

We either have to shorten the naps. So yes, that does mean waking toddlers up earlier than they would like or eliminate it completely and just move bedtime earlier. So, you know, we might want to shorten it up by 15 minutes every couple of weeks, just to see how that, you know, what that does to bedtime, see how that, that works out for you.

Or like I say, if it's getting so short that it's kind of not even worth it to have the nap anymore. And we know that nap is pushing bedtime too late. We just cut it out completely. Now, when I say too late, that's totally subjective. Um, most of my clients, we will say, okay, you know, if bedtime is getting later, but at eight 30, we know it's getting too late for other [00:11:00] families that might not be acceptable.

That may be way too late, you know? Okay. If it's getting later than seven 30, I don't want to have a bad time that late. So I'm going to start to trim the nap. It really is dependent on family circumstances, individual preferences, and all of that.

**Delphine:** [00:11:14] Yeah, there's a lot of variants. I know when I talk to my mom friends, it's like, Oh, what time do your kids go to bed?

And everybody kind of is on a different wavelength in our house. Um, pre pandemic, talk about that. Now it was this

**Rosalee:** [00:11:29] and the

**Delphine:** [00:11:30] excited when we can start talking about post pandemic. Right? So when we were both working outside of the home, one of us is now working from home. One of us is back at work, kind of in a building away from home.

Yeah. Everybody had to be up by like six 15, which meant we were going to bed early in our house. But I had other friends who, you know, their kids could sleep until eight o'clock even on a school day because they just had to walk across the street. And so it was interesting to see how even that. Timing mattered in terms of like how early can they get up versus how early do they [00:12:00] have to get up, right.

**Rosalee:** [00:12:01] Yeah, exactly. And the same at our house. I mean, I know I'm, I'm asleep expert, but my kiddos are now having a later bedtime and that later morning wake up time because that's working best with the flow of our household. We both run our own businesses from home and we were both, um, homeschooling the kids.

So not virtual schooling, but homeschooling outside of the school system right now. And that's just what works for us. You know, it was them to have a leadership that's scheduled once they get back to school, because we are not long-term homeschoolers. They do want to go back to school. We're going to have to shift that back.

So, you know,

**Delphine:** [00:12:33] so that brings up a really good point. You segwayed really nicely. This might not, we've all been home for a while. Things have been a little funky. Dunky we've all been, you know, doing things different because we can, and we can say, Oh, it's fine. They can sleep in today. It's not a big deal because parents are either the kids are virtual learning.

So, you know, they really just. I need to roll out of bed and sit in front of a screen or kind of like our house. We've got one family member who is able to be home a little bit longer [00:13:00] in the morning, so people don't have to get up. So really how do we get back into a routine if we've gotten out of what was a good routine, how do families build back in?

Because I know in my house when things go back, um, I've got a pretty feisty five-year-old. Doesn't she doesn't love it. Change things up. And we try to say no, no, no, no, no. We have to do it this way now. I mean, we have not been as good at, you know, we do eight o'clock bedtime. We do stories and then everybody into bed.

But you know, when they're kind of, you know, she's drawing pictures in her room and she's doing things and we're like, it's fine. She's quiet. We're not going to knowing that she doesn't have to get up in the morning, but come. Quote, unquote, normal times she'll have to get up at six again and being asleep, but you know, nine or some nights, it's 10.

I shut her to say before she falls asleep, um, that's 6:00 AM is going to be rough. So how do families build back in a healthy routine when they've been off of a cycle? So they've been on a trip, for example, they've been [00:14:00] away from home, right? Because we all know routines get kind of mucky or it's been the summer and all that.

How do we build back in those healthy routines? What, what tips have you

**Rosalee:** [00:14:06] got for us? So first, I'm going to challenge you with everybody to say that even during a pandemic and even during vacation, if we actually have. Some basic elements that we keep in place for our routine transitions are way less stressful and way easier to manage for everybody, including our feisty five-year-olds I also have one.

So, um, so what I would say is, you know, even during this time, we want to make sure that we are consistent with having a routine. So it sounds like you do right. You've got a routine that you do every single night with your kids. Most important thing is there are similar activities that are happening every night in similar order.

Every single night, so that kiddos, you know, this all, okay, those thrive on routine and they thrive on knowing what comes next. Right? So when this happens, then this happens when this happens, then this happens. The more that, [00:15:00] that we can build that into our sleep routine, the better they are, no matter what age they are, right from infant through to school age.

So I would say that even when we're in a period of transition, keeping that routine, even when you're on vacation, Even if your bedtime is going to be later, having that routine in place is so great because that's like the one constant that's going to help you transition. Right. So that's one thing. If you've gotten a later schedule, like we have, um, the way that you get back on the timing that you need to get back on really depends on the temperament of your children.

And it could be different child to child. So, like you said, with the five-year-old and I would expect it by rule to not be totally accepting of things, kind of swinging all of a sudden from one day to the next, that's just what they're supposed to do at five years old. So you may want to plan ahead. So let's say, okay.

Uh, and not all families are going to want to do this cause they're going to want to take things the last bits of summer, all the way to the end. Right. That's okay. If you [00:16:00] choose to do that and you just know it's going to be a rough week getting back into it, right. But if you really feel like my kids are going to do best, they're going to thrive.

If I give them a little planning time, a little time to adjust then about a week or two ahead of time. And you're just moving bedtime slowly earlier, like five, 10, 15 minutes earlier every night, you're just getting everything ready. You're starting everything that you do in the evening routine, but five, 10, 15 minutes for their like really their internal clock should not really notice that difference when it's done.

And so gradually. So that's a great way to do it. And that's also a way that you can adjust to anything like the time changes that happen twice a year for no reason anymore. And the times of changes that happen when we're traveling again, you can always adjust in those kinds of little increments as we go.

**Delphine:** [00:16:48] I feel like those time change things are simply created to drive parents crazy. Right. And it didn't matter until I had kids.

**Rosalee:** [00:16:55] Once I

**Delphine:** [00:16:56] had kids, I was like, what is this? This is brutal. Like spring forward, [00:17:00] no, fall back. No, it doesn't matter, but it's not fun. It's definitely not fun. No. So the next thing I want to talk about is something selfishly that I struggle with, or that we have a struggle with in our house.

So we have a high anxious kid. We have one kid who's quite anxious and night times are, uh, riddled with anxiety and it's, you know, the lights out. Cause he doesn't like the shadows or it's the noises from outside. And we have to mitigate all of these. Things. So how do we create

**Rosalee:** [00:17:32] sort of a safe

**Delphine:** [00:17:33] sleep space?

Cause I try to create this very calm environment. I've tried, you know, lavender, we've tried all kinds of nice things. I've bought special mattress covers. So he's got a more cushy mattress. Cause I thought maybe that was the thing. We tried the weighted blanket and not to necessarily talk about the sort of, um, Outside interventions, like, you know, weighted blankets or lavender smells or whatever, not to necessarily talk about those things, but how can we as parents who might have kids [00:18:00] who are a little bit anxious about being in the dark, create an environment that feels safe, warm, comfortable, and, and good for them to fall asleep in.

**Rosalee:** [00:18:09] Yeah. So I might surprise you with my answer because at a certain point, when they're a certain age and they can actually communicate those anxieties and figures to you and preferences to you, I far prefer creating a plan with the child. So essentially sitting down with a child and brainstorming far away from bedtime, not before bedtime, but at a, you know, A neutral time and saying, okay, tell me what it is that you're getting afraid about, uh, when it comes to bedtime or what's making you feel this way, um, and use their words back to them.

Right. So if they haven't used the word afraid, don't use that word, but if they have used it, used it back to them. Right. And just in very, kind of simple, straightforward language, just try to get to the root of what it is exactly that they're experiencing. They may not have all the words in that's. Okay.

But usually [00:19:00] if we dig a little bit over, maybe a couple of conversations, we're getting somewhere and then the next step would be, what do you think you need to help you feel better about going to sleep? And they will tell you. So, I mean, if they're afraid of the dark, that's fine. We're going to get a nightlight.

And the nightlight is going to be red because red does not disrupt the production of melatonin, the sleep hormone. Blue and white light does. Right. So we're going to have a red hue nightlight. Okay. What else is it that you know? Okay. Well, my mind is racing. There are thoughts coming into my head and I don't know what to do with them.

Okay. So we're going to give you something to focus on, like for example, of meditation or mindfulness that they can listen to as they fall asleep. Right? So there's so many things that you can do with these kiddos, but it really starts. With having that conversation and just really getting to know your kiddo and what's happening for them specifically, because as you can imagine, every single circumstance is different.

Everything that is maybe bugging them, [00:20:00] bothering them, causing them anxiety and fear around bedtime is going to be different from child to child.

**Delphine:** [00:20:06] Yeah, I've got one who initially started with a light on, and now that he's quite a bit older, he's like, yeah, no, I'm good. Like, I'm fine. But then my middle one he's working.

He's just an anxious kid. He doesn't like nighttime. It's never been his favorite time. And the noises outside garbage date on garbage night with the raccoons where we live. Cause there. Brutal. They make a lot of noise and they often wake them up and actually wind chimes can, sometimes one of our neighbors has beautiful wind chimes, but on really windy nights, I find he wakes up more often.

And I actually think it's the sound of the wind chimes, which when it's dark out or not, you know, they're lovely, but I don't much like them in the dark personally, but, um, but okay. Talk to me about the red nightlight. So our kiddo who wakes up. And his light is too bright. And I keep saying, I need to change the light bulb and I haven't done it.

So, cause I can see the light from our bedroom [00:21:00] when he turns it on. So I know that the light is too bright. What's with the red light. I mean, you talked about it really briefly, but it talk more about that. Cause I'm really interested

**Rosalee:** [00:21:09] to hear about that. So we know that darkness is the best for sleep for all humans, right?

Big and small adults and children. Darkness is one of the best conditions that you can put into place for sleep. This is part of sleep hygiene, right? Healthy sleep hygiene. We want a dark room, a very dark room. However, if your child is expressing fears of the dark, we're not going to force them to be in a pitch black room.

Uh, babies do not get afraid of the dark. It's not possible for them to get afraid of the dark until about a year and a half or so. And then they'll start to tell you that or show signs of that. Um, so if you want them to have a little bit of light, or if they want a little bit of light, we don't want to use white, blue, green, that kind of light.

It can disrupt the production of melatonin and melatonin is a CP hormone. We want it nice and high when we're sleeping. As soon as we introduce the light overnight or trying to sleep or [00:22:00] get back to sleep that can disrupt that whole process. Right? So the melatonin starts to drop off. You start to become more wakeful and it's harder for you to sustain your sleep or go back to sleep.

So if we use a red hue, a nightlights of the color, red is a color on the spectrum that does not disrupt the production of melatonin to nearly the extent that the other colors do. Um, so that would be the type of light to use. I'd still use it dimly. You know, not super bright, um, and as far away from kiddo as possible, but that is a great option for a little bit into your expressing fear of the dark.

**Delphine:** [00:22:34] Okay. The farthest away might be tricky cause his light is on like on his bedside table. And so he, he just turns his light on. Right. So, but that's one to consider. Maybe I'll just change his light bulb to a red light bulb and see how that goes. Absolutely. Yeah. I'm would a shot. What about. White noise. So when my kids were infants, everybody was like, get a white noise machine and I can't stand this white noise.

It's one of those, it's like nails down a chalkboard for me. Yeah. But [00:23:00] again, not to keep referring to my own kids, but in my experience at the moment where I'm living presently, um, My one son has the radio on and he'll leave it on all night. If we let him know he is asleep most nights when we go to bed.

So I turn off his light, turn off his thing and we're all good, but I find he sometimes will wake up in the middle of night, turn his light on and, and, or turn on his radio. So is it better to have the background noise of the radio? Is the white noise better? Like what, and how does that

**Rosalee:** [00:23:28] support sleep? Yeah.

So why didn't noise in and of itself, but sort of static between radio station sound. That is, that tends to be quite annoying and frustrating to adults. And in fact, it's most appropriate for newborns. So the first couple of months, or so after that we have some research, um, now that says. Pink noise is actually better.

So pink noise is like a mix of high and low frequency sounds. And it's like the sound of the ocean or the sound of rain, that kind of thing. It's a deeper kind of base your sound. [00:24:00] And that apparently helps us to get into sleep and sustain sleep better, um, after a certain point. So yeah, I mean, for your little one, they might just be seeking that background noise.

It just helps to kind of focus and concentrate link their sleep cycles overnight. Cause that's actually one of the most amazing things that noise does. Continuous noise. The noise that you fall asleep hearing at the beginning of bedtime helps you to go right back to sleep. When you sort of stir through a light period of sleep through the night, it helps you connect your sleep wake cycles.

It's actually quite magical in that way. And even for babies, it helps in a very magical way to link the nap. So when you're having like really short naps, One of the best things to do is to use continuous noise. So, um, but when we're using noise again, similar to the light question, we want to put it as far away from our children as possible, and we never want to have to raise our voice over.

It should ever be too loud. Should be. Far enough away and not too loud. So we're not inadvertently causing any hearing issues [00:25:00] or auditory development issues. So we do need to use it safely, but it is absolutely part and parcel of healthy sleep hygiene. Absolutely. So pitch-black wondering continuous noise.

**Delphine:** [00:25:09] Now. I'm wondering what would happen if I didn't turn the radio off, like if I've never left it on all night and it is always very low, like, I mean, even when you go in there, you're like, is the radio on? Like, you're not sure. Um, but maybe I should just leave it on tonight. Well,

**Rosalee:** [00:25:23] yeah, you can totally do. If it's low enough or you could switch into a pink noise if you'll accept that.

**Delphine:** [00:25:29] Because then my next question to you is many of us have kids who will wake up frequently throughout the night, whether it's because they have to pee, whether it's because they had a nightmare know, they wake up for any number of reasons. Sometimes it's no reason at all. Um, but. How do we encourage them to go back to sleep?

So I have early risers in my house. Um, this morning, as I said, the example of four 30 on the weekends, why is it on the weekends that they'll sleep, but you know, or, sorry, that's backwards. Monday to Friday, they'll sleep in. I have to drag them out of bed Saturday, [00:26:00] Sunday, they're up at 6:00 AM and I'm like, go back to sleep.

It's too early. How do we encourage them or get them into the habit of learning, how to fall back

**Rosalee:** [00:26:08] asleep. Yeah. So it all starts from learning how to fall asleep independently at bedtime. So if you have to do anything to help them sleep at the beginning of the night. So at bedtime, then it is sort of unfair to ask them to independently, put themselves back to sleep in the middle of the night or in the morning.

So. All starts from bedtime. This is a principle that we can apply from the babyhood toddlerhood all the way through. So the skill begins at bedtime. So for any of you listening that have overnight weekends, you've got to cover that off first. They got to fall asleep without you around, without your help in order for you to have that scene.

Um, circumstance replicating overnight. Right? So the way we fall asleep, as we would want to return to sleep, if I fall asleep with mom beside me, and then I wake up later, she's not there. I'm going to wake up right. And need that again. So that's one thing. Secondly, [00:27:00] is as kiddos get older. If we would like them to fall back asleep independently, we got to again, get to the root cause of why they're waking.

So it could be something like I went to bed over tired. It could be the sleep schedule. It could be to sleep hygiene. We just talked about the environment. It could be an inconsistent routine. Absolutely. But it could also be, I feel like I'm in need. Somebody to do this thing for me, because I don't buy, I haven't quite figured out how to do it for myself.

So for example, a lot of times there'll be, um, I'm thirsty in the middle of the night. Well, there's no water bottle beside my bed. There's no cup of water there. Um, maybe I don't know how to get myself water. So it's really as simple as saying, okay, what are the things, what are the major things that are waking them up?

And how can we talk to them about, okay. Here's exactly what you do when you wake up and you're thirsty. I'm going to leave this water bottle for statues can be full at that time. You're going to, you could literally role play with them. Grab it over here, open it up. Take a sip. Close it, put it back here and [00:28:00] get yourself back to that.

And you're just literally role playing through that. Right? Same thing with the bathroom. A lot of kids think that they need their parents' help getting to the bathroom, but if you've got a little nightlight to lead them to the bathroom and you role play what they're supposed to do in the middle of the night, if they have to go, you can solve that.

So there's any, there could be a list of 30 reasons that your kids are waking up, but you have to kind of brainstorm that with them and really help them to understand they don't need anyone else for these things. For the most part, right. Um, a lot of times, um, we can also be reinforcing overnight waking in or in early morning waking.

So for example, um, okay. If you wake up early, I'm going to let you watch your favorite show, just so that you stay quiet and I get extra sleep. Well, that ends up being this really irresistible reward for waking up early. So why would I stop waking up early if I get to watch my favorite show in the morning?

Right? So we now have to kind of switch gears and figure out, okay, how do we. Encourage them to stay in their bed [00:29:00] without rewarding them for getting up early. Right. So there's lots of different strategies we can think through, but we can sometimes inadvertently be causing these issues to kind of continue on and

**Delphine:** [00:29:09] on.

And I do think the Saturday morning, Sunday morning cartoon business is probably what gets them out of bed early. Cause there's no TV Monday to Friday in the morning before school. So there's incentive to get

**Rosalee:** [00:29:20] up early. You nailed it. Then a lot of families do that. They get, they get TV on weekend mornings.

So why wouldn't I wake up early? I'm excited to go get my weekend more than TV.

**Delphine:** [00:29:31] Yeah. Okay. So we talked a little bit about it. We're kind of working in this weird zone where children are in front of screens more often than any of us would like, but let's be honest. We're all parents, we're all working from home.

We're all trying to survive. We're trying to make it to the end of the day. We know that our kids are. Or in front of screens more often, it is a fact of where we are. There is really nothing we can do about it if they're at school and they're virtually learning, they're on the screens for six hours a day because they have to be right.

Um, if they are [00:30:00] working at school, I know that because kids have gotten so good at using. The technology teachers are often using it more, which makes sense. It's a great resource at home. Parents are working from home and you know, you're doing something and you're like, yeah, yeah, fine. Take the iPad, take the TV, whatever.

Like just let me get my work done. Yeah. Talk a little bit, or can we kind of talk a little bit about screens and how long do we need to kind of give the break from the screens to be able to do that sleep habit of calming down because we all know it rubs them up. So is it an hour before bed? Is it two hours?

Like really? What is the kind of, or is there like a goal of how long they should be off screens before bed?

**Rosalee:** [00:30:42] Yeah, for sure. So, and this is going to be different again, disclaimer, different again for all children, because there are kids who use TD at the end of the night, before their bedtime routine to relax.

It actually helps them to relax. And there's nothing sort of adverse about it, um, when it comes to sleep. So there are kids like that. Um, however, [00:31:00] if you have an inkling that your child is getting rubbed up by screen time, Absolutely at least an hour before bed that needs to come off. Um, I would also say just in terms of screen time in general, we just want to balance that off with great vigorous outdoor physical activity.

So as much outdoor physical activity as we can get. Throughout the day to balance that out. That's also really beneficial for sleep. And especially if you can have a nice chunk outdoors, uh, right before you come in for the evening routine for dinner and the rest of it, that's a great time to fit that in.

So running, jumping, scooting, biking, climbing like as much vigorous activity outdoors as we can, you know, and it doesn't matter what the weather is, bundled them up. Doesn't matter what the

**Delphine:** [00:31:44] weather is obviously. Right. They don't care that it's cold. It, we, as the adults feel the cold, they do not feel the cold.

**Rosalee:** [00:31:51] No. Exactly. So just bundling them up and getting it. So, and it's good for everybody's mental health as well. Right. As well as physical health. So that's received. So yeah, just separating. [00:32:00] If you really think that there is an issue, um, with screen time and bedtime separating it as much as possible. So even more than an hour, if you think there's an issue.

Absolutely. And some people even cut it screen time completely in the evening hours, especially if they've been on all day. A lot of kids don't want to do more screen time at the end of the day, they're kind of sick of it. Right? So cuddling up and reading books together, getting up for a walk, all sorts of other things that we can do.

**Delphine:** [00:32:25] And those are really good ones. So if there's a family listening today and they're thinking, Oh, you know, we're really struggling with our sleep. Um, I know different sleep consultants kind of handle different age groups. Um, but if there's a family out there with sort of school aged kids, our consultants are there consultants out there.

I know you do, but do consultants work with schools? Like when I think of sleep consultants, I always think of babies kind of infants to sort of two. And then after that I'm like, Oh, they probably can't really help me. So can you talk about that a little bit?

**Rosalee:** [00:32:53] So like I said, my training specifically covers that age group and not just babies and newborns, although I am additionally certified in newborns. Cause [00:33:00] I do have that, that really interested in fascination by that age group. Um, I also work a lot with toddlers and preschoolers in school aged children.

So, um, you know, looking for training in that area and also experience with those kiddos is important to, um, to look into. So yeah, we're definitely up there.

**Delphine:** [00:33:18] If they're looking for a sleep consultant, what are the things to look for in a good sleep consultant or a sleep consultant that might work for their family?

Are there any things that they should really be looking for?

**Rosalee:** [00:33:28] Yeah. So, I mean, I think it's really just about fit with your personality and your parenting style and philosophy, and just really understanding that that person is going to work with you, um, and your family specific circumstances. So I always say, I work with you with where you're at, where you want to be and what you wanted you to get there.

And even though I'm the expert in sleep, you will always be the expert in your children, right? So we have to work together as a team or it just won't work. And also you have to be comfortable. You have to be a hundred percent comfortable with [00:34:00] what we're doing, or it won't work because if you're not comfortable with an approach, you're just not going to stick with it.

You're not going to be consistent. And consistency, as we talked about before is hugely important. When you're making changes to sleep habits. If you're not consistent, you just won't see results. So you have to work with somebody. Who's going to get you to the point where you're onboard with exactly what you want to do to make those changes.

Right. And obviously, you know, change doesn't happen without making change, but if we're consistent with that, it will happen.

**Delphine:** [00:34:30] Sleep does happen. I have friends who have really like teenage kids now and they're like, yeah, yeah. At some point you end up having to drag them out of here. I'm like, when do I get there?

Anyway, every stage has its plus right? Every stage has something that's good about it. I'm kind of in this weird middle zone, I think probably a little bit like you are with the five-year-old right where you're kind of in a middle zone of like, things are good, but. You know, a little more sleep would be great, but anyway, Rosalie, thank you so much for this conversation today.

Um, I've learned a couple things. I'm going to try the [00:35:00] red light. So there's my takeaway for the day. And I hope that others who are listening to the episode have been able to take a couple of things away as well. Where can people find out more about you and, um, potentially work with you?

**Rosalee:** [00:35:12] Yeah. So like I said, my business is baby sleep love.

So it's baby sleep love three words altogether.com and I'm at baby sleep lab on Facebook and Instagram.

**Delphine:** [00:35:23] That's great. And I will put all of that in the description of the episode. So Rosalie. Thank you again. This was great. Thanks for having me.