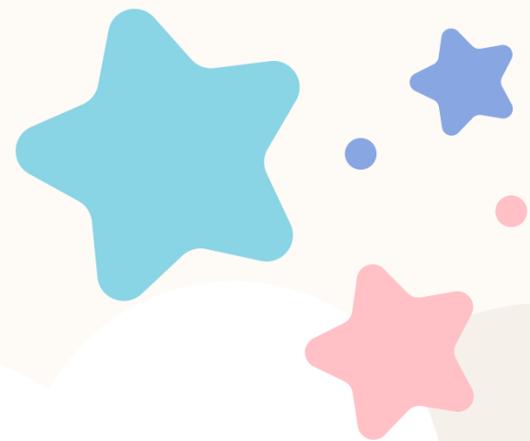
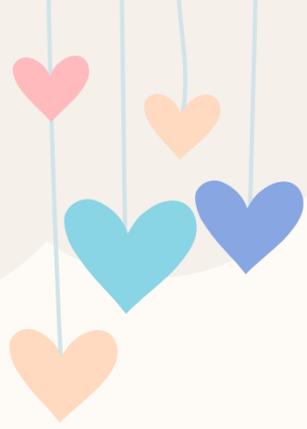


Cribside Confessions

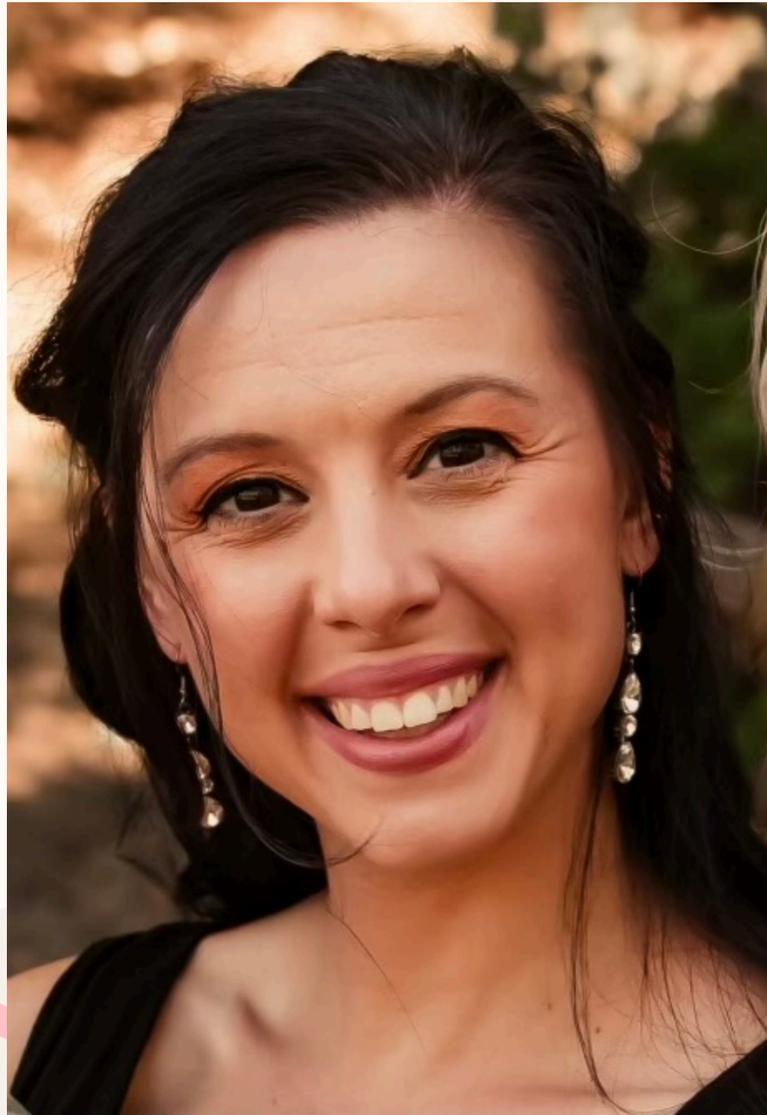
Myths Vs. Reality

Navigating your child's sleep journey built on science based evidence.





Welcome!



My name is Adriana and I am the owner of Crutch To Peaceful Sleep LLC. I am a Certified Pediatric Sleep Consultant, Occupational Therapist, and Mom of 2.

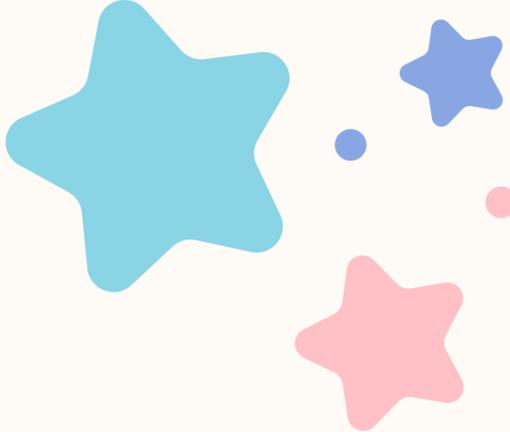
When my first child was born, I instantly found myself powering through sleepless nights, foggy days, deep in the trenches of sleep deprivation, and researching any strategy or technique I could find to just get my child to sleep. I was overwhelmed, frustrated, and desperate for rest—not just for me, but for my whole family.

After discovering gentle sleep strategies and seeing the transformation in our home—more rest, more joy, more connection—I knew I had to help other families find the same peace. I became certified and began guiding parents through their own sleep journeys with empathy, science, and a whole lot of heart.

Now, I help families build sleep routines that feel good, work well, and honor each child's unique needs. I believe sleep isn't just a biological necessity—it's a gift that nurtures the whole family.

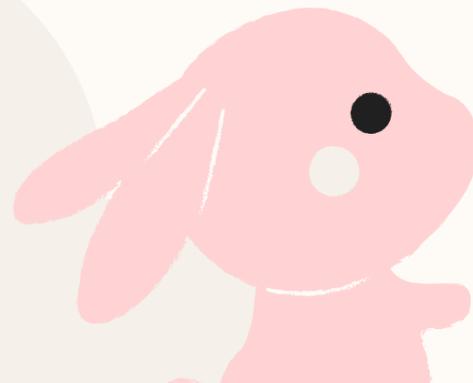
Outside of the sleep world, you'll find me running around with my kids, being active, indulging in a plate of gnocchi's followed by a yummy dessert, and celebrating every tiny win with the families I support.

Why is sleep so important for your little one?



Sleep is a daily occupation that is crucial to your child's well being. Getting adequate sleep for your child will help to improve their ability to learn, promote brain growth and development, regulate hormone levels, manage their emotions, and allows them to have the opportunity to feel more rested to enjoy their daily activities!

Common issues associated with lack of sleep are consistent with decreased attention, decreased memory and problem solving skills, increased irritability and behaviors, difficulty regulating emotions, hyperactive behavior, and possible delay in meeting milestones.



Most Common Sleep Related Myths

There are so many myths associated with sleep training. Let's get to the truth!



1

Sleep training means Cry It Out.

2

Sleep training will impact my bond with my child.

3

If I sleep train, I will need to wean my child from night feedings.

4

If I keep my child awake longer, it will help them sleep better.

5

Once sleep trained, my baby will sleep through the night.

That's right, these statements are all myths.



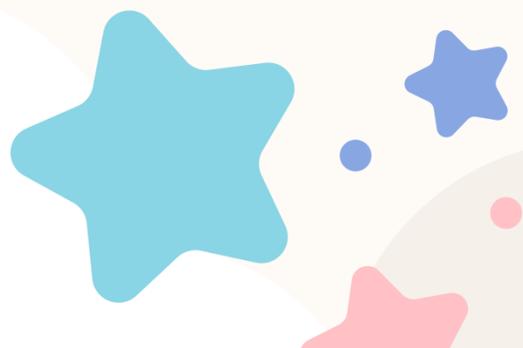
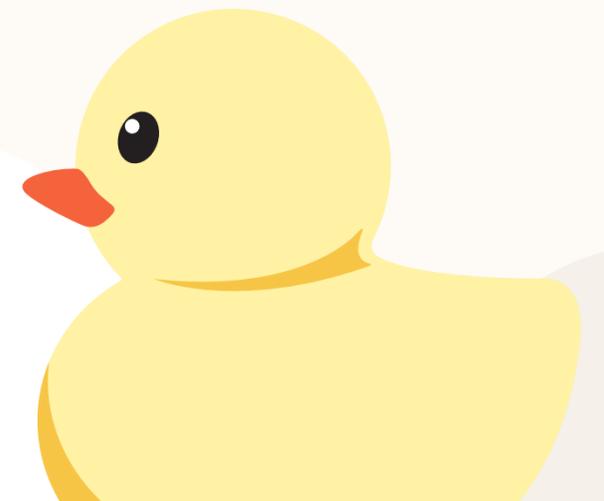
Sleep Training Means Cry It Out

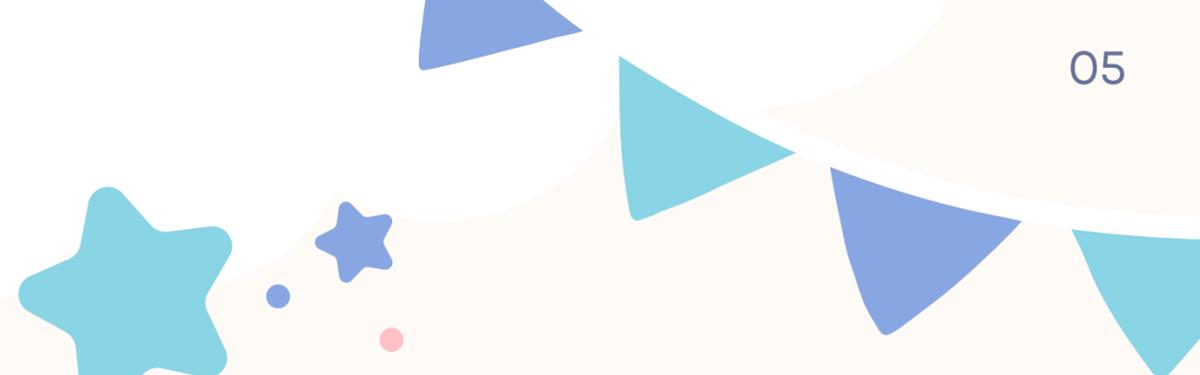
Sleep Training does NOT mean “Cry It Out”!

“Cry It Out” is the most commonly known sleep training strategy to the general population but, it does not mean that it is the most frequently used. With full transparency, I will tell you that I have never recommended this strategy to ANY of my clients.

Did you know that there are many other alternative sleep training methods that are science based that involve minimal crying or even no tears at all?

Sleep training strategies are not “one size fits all” for your child or for your family.





Sleep training will impact my bond with my child.

Nope, research shows that sleep training does NOT negatively affect your bond or relationship with your child.



Research shows that parents who are getting more rest and are feeling well rested feel more connected, attentive, and patient towards responding their child's needs and wants.



Many sleep training strategies promote parent involvement and support during the process. This allows you to be there in the moment to guide your child while you navigate sleep training together.



Many families feel like they have more time to accomplish the things they NEED to do while their child gets rest. This allows for more opportunities for family fun during the day!



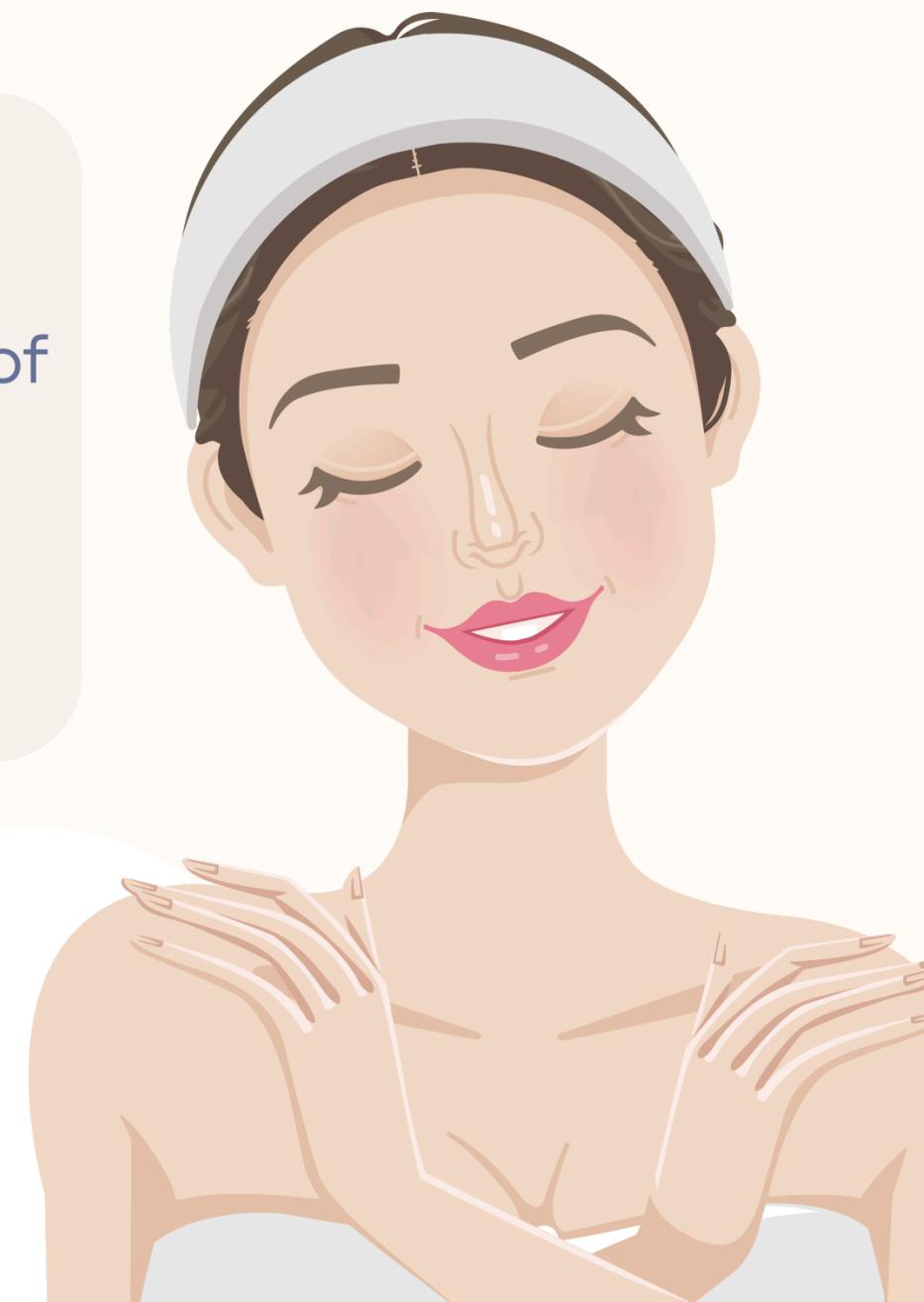
Looking at the big picture, sleep training can actually open doors for more family bonding!

If I sleep train, I will need to wean my child from night feedings.

Nope, also not the case!

Sleep training does **NOT** require you to drop any night feedings. Many of the sleep training methods we use incorporate responsive feedings, especially if your child still needs them for nutrition. However, if weaning from nighttime feeds is of interest, we can be sure to implement that as long as your child is ready!

Nutrition is a key factor in sleep training!



If I keep my child awake longer, they will sleep better.

Overtired children actually tend to sleep worse and can lead to more frequent wake ups.



Age appropriate
nap and bed times
are key!

Fatigue triggers cortisol
production. Cortisol production
during times of sleep can make it
more difficult for your child to fall
asleep and stay asleep.



Once sleep trained, my child will sleep through the night.



Reality

It is very rare that anyone sleeps through the entire night. We all wake up briefly between sleep cycles, to use the bathroom, get a drink, remove a blanket, etc.

However, skills are needed to fall back asleep!



How Will It Help?

Sleep training will help your child learn how to fall back to sleep independently without your help or support during these normal cycles of wakeful periods. Once developed, they will be able to use these skills for naps and nighttime sleep.



The goal of sleep training is to teach your child independent sleep skills!



Recommended Wake Windows and Naps For Your Child (0-3 Years)



Age

0-3 Months

3-4 Months

4-5 Months

7-14 Months

14-24 Months+

Wake Windows

60- 90 Minutes

90 Minutes- 2 Hours

2-3 Hours

2-4 Hours

5-6 Hours

Daytime Naps

3-5 naps

3 naps

3 naps

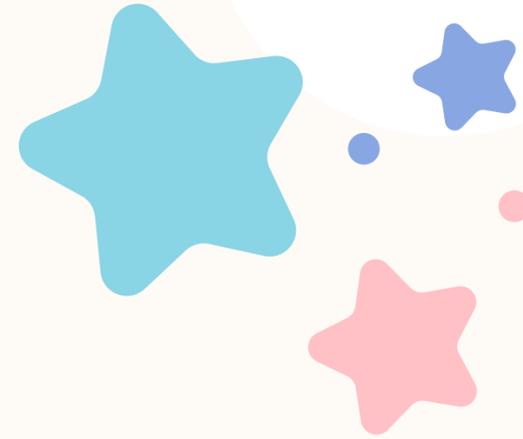
2 Naps

1 Nap

These are general ranges. Remember, all children are unique!



The Takeaway



Sleep training is NOT one size fits all.



Sleep is essential for your child's growth and development.



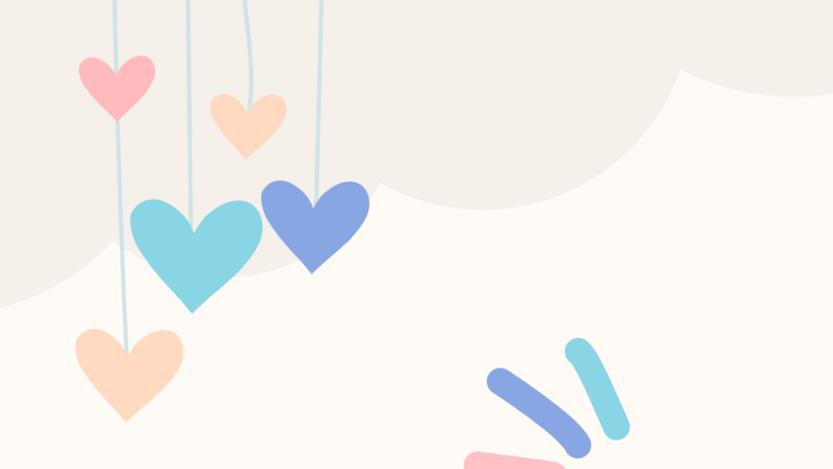
Getting rest and sleep can positively impact your family and strengthen your connection to each other.



Sleep is science. There are so many factors that come into play when getting your child the rest they need.

I am here to support you as a Pediatric Sleep Consultant!





Struggling with sleep?



Let's work through
it — together.

Schedule a **FREE** consultative call to see if working with
a Certified Pediatric Sleep Consultant is the next step
in your sleep journey for you and your family

Click the link below:

[https://hello.dubsado.com/public/form
/view/68c9489343dba39d8b241a8b](https://hello.dubsado.com/public/form/view/68c9489343dba39d8b241a8b)

A Pediatric Sleep Consultant is not a medical professional.
Services do not replace medical care. Clients should consult
their pediatrician regarding any medical conditions,
developmental concerns, or before implementing sleep
changes.

