



SWEET
DREAMS
BABY

7 Signs Your Baby is Overtired and how to keep it from happening in the future

Becoming a new parent comes with many challenges and a lot of opportunities to learn about your little one. Prior to your baby arriving, you will receive many words of advice and countless baby gadgets as gifts. It will be up to you to determine which advice to follow and how many of the gadgets to use. To add to everything, there are loads of books offering many different opinions and of course there's Google. One of the hot topics amongst parents is always SLEEP!

One of the first things I try to teach any parents I'm working with is to watch for sleepy signs. Some of the sleepy signs are very subtle and can be easily missed as you're enjoying your baby. A very common scenario is you've just finished feeding your little one and are pleasantly gazing at each other with such contentment. If your baby is old enough to smile, they may be fully engaged in looking at you while smiling. If they are not smiling yet, they gaze at you with curiosity.

They may be waving their arms around as if they are conducting an orchestra. They are probably kicking their legs around sporadically. They are either looking at you so intensely that they are mimicking your mouth movements or practicing their voice. As a parent, this is a very special time and part of the bonding process. In a very short time your baby is fussing, yawning frequently, crying, irritable, cranky, hard to calm and may even be so worked up that their back is arched. You're wondering how things got out of hand so fast!? No worries though. This happens all the time with new parents, and many times with seasoned ones. You are not alone in this.

What happened in the above scenario is your baby went through some initial sleepy cues, unnoticed. For new parents the initial sleepy signs go unnoticed because they're subtle and you may not know to be on the lookout for them. I try to help new parents be on the lookout for sleepy signs so that you can act appropriately and avoid a meltdown from your baby. (And maybe from you too!)

Okay, so what are those early sleepy signs that you should be looking for?

Your baby's activity will decrease and have slower movements. They will become less talkative, quieter, and have a calmer demeanor about them. They will be less interested in what's going on around them and may even turn away from stimuli like sound and light. They may be rubbing their eyes and starting to yawn. It is during these early sleepy signs that you want to get your little one to sleep sooner rather than later.

By paying close attention to your baby's sleep signs you can help them fall asleep before they are overtired (and out of control.) In time you will be able to identify and catch the early sleepy signs so that they will be easier to settle, and they won't get to the point where they are inconsolable.

Sleepy Signs in a Nutshell

Early Sleepy Signs/Cues

Baby:

Has decreased activity

Has slower movements

Is less talkative

Is quieter & calmer

Is less curious and interested in what's happening around them

Is no longer interested in engaging eye contact

May turn away from stimuli and look off into space

May slow down sucking on a pacifier or suck becomes weaker and less intense

Yawning

Late or Overtired Sleepy Signs

Baby is:

1. Yawning more frequently

2. Fussing

3. Crying

4. Irritable

5. Cranky

6. Hard to calm down

7. Arching their back

I hope this has helped define early and late sleepy signs, so that you can watch for them and get your baby to bed before things become frustrating for you and for your baby. Feel free to reach out to me at SueSweetDreamsBaby.com.

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