

## **We done got (sleep) schooled!**

Its been three weeks since we graduated from sleep school down in Melbourne and I've been procrastinating about blogging about it.

I had grand plans to do daily blogs and fill you all in on our progress but the first thing they made me do was sign a non disclosure agreement NOT to blog about it.

Way to crush a bloggers soul sleep school.

Especially since I would have had TIME to blog what with a A+ sleeping baby. Oh the irony.

So without going into TOO much detail and keeping in mind this only applies to MY baby, not your baby or your friends baby or if perhaps you don't have a baby and are going to give a friend who does have a baby advice on raising them - then take note - this will not help you. Also - don't do that to your friend. Just shut up and make her a cup of tea and do a load of washing.

*Little man* went into sleep school not sleeping well during the day and 'just okay' at night, that is I was still feeding him once to twice a night and he was 9 months old. I didn't mind feeding him at night as he always went straight back to sleep afterwards and well - who doesn't love snoozy cuddles! He was also waking about 5:30-6:00am ready to start the day. Not horrific but not great either. And yes I know - your kids, your friends kid and that kid down the street was heaps worse. Good on ya.

The days were a nightmare. He was just grizzly ALL FREAKING DAY. I've blogged about it heaps. He was just a grizzle guts with these brief flashes of lovely shining through. Generally in front of other people - he was a happy cute baby. But at home with Mum (and Dad) - grizzle city. It was tiring. Because I was tired. And he was grizzly and I couldn't do anything. If I got up to make brekky or lunch he'd grizzle. Most days I missed breakfast or lunch and sometimes on a really bad day both. It was NOT GOOD. He was also not feeding well, having half a bottle here, 3/4 of a bottle there, refusing bottles sometimes.

But because the nights weren't too bad I kind of just thought oh well, it'll get better. And plus I read way too many Facebook parenting pages about gentle parenting and nurturing your little monster and babies are people and not robots and you shouldn't program them just love them and it'll all work out in the end.

Pinky McKay put out a LOVELY post about how sleep schools are for torturing babies a week before we were due to go to sleep school. I didn't read the article because I didn't need to feel worse about going. So maybe the article didn't say that. But I reckon it probably did!

I think the thing is that I always thought it would be fine if he was happy. If he just did 45 minute

catnaps but was happy - that would be fine but he wasn't happy. Mum's know these things, he wasn't happy.

Anyway. I knew as soon as I got there that we were going.to.be.okay. And we were. *Little man* did fabulously and hardly played up at all much to my consternation as I wanted him to do his typical 'day' sleep nightmare so I could learn how to settle him! But he didn't really. Because once we got the feeds on track - the rest fell into place. Sure he still does the odd 45 minuter here and there - (today was NOT a good day), but for the most part his day sleeps are around 1hr20 - 1hr30 and thats a short sleep. A MASSIVE improvement.

His night feeds are nixed, the dummy is gone and he.is.HAPPY.

He is just so HAPPY now. His development has skyrocketed since we've been back he's chattering away, being a lot more affectionate, crawling and pulling himself up on things. Just amazing.

And that has made ME so happy. I can make myself some brekky, a cup of coffee and wander into the lounge room and eat breakfast and play with him all while he's occupying himself happily (read: getting up to mischief).

I don't really wish we'd gone sooner. I think we went at a really good age. And I gave it a good shot at home for a long time. 9 months is a long time. I also wouldn't want to go much later than that either.

But if you're struggling and you need help - DO IT.



- Jen