

We've been talking quite a bit about hitting milestones and development, so I wanted to share a couple of resources:

Building Babies' Brains Through Play: Mini Parenting Master Class

https://developingchild.harvard.edu/resources/building-babies-brains-through-play-mini-parenting-master-class/?utm_source=newsletter&utm_medium=email&utm_campaign=August2021

TED Talk (Given by a 7-year-old girl) - About how play and connections with adults is important for brain development. It's a quick, and cute, watch.

https://www.ted.com/talks/molly_wright_how_every_child_can_thrive_by_five#t-5461

Starting Solids - I'm including the AAP site on starting solids, as well as the website Feeding Littles, which was recommended by Early Intervention.

https://www.healthychildren.org/English/ages-stages/baby/feeding-nutrition/Pages/Starting-Solid-Foods.aspx?_gl=1*q9v5n5*_ga*ODYxNTk0ODUxLjE2MjkxMzMyMjg.*_ga_FD9D3XZVQQ*MTYyOTEzMzlyOC4xLjAuMTYyOTEzMzlyOC4w&_ga=2.63680879.1793488679.1629133228-861594851.1629133228

<https://www.feedinglittles.com>

Setting Boundaries

<https://www.mindbodygreen.com/articles/how-to-set-boundaries-with-family-after-your-babys-birth>

Are Sleep Regressions Real? (Free NYTimes Article)

I saw this article in the NYTimes this morning and thought of how often this topic has come up in the past. Very interesting history of the Wonder Weeks and the theory of "leaps" and regressions. Article is probably best read after a cup of coffee ☺

[https://www.nytimes.com/2020/04/15/parenting/baby/sleep-regression.html?smid=em-share_!!Jiekhm3yrztg1QliAZB-7C3g_yag403SfDu1KWX_Toga08eLvtzq_UCMsBnb6YWzZUZeht3OcfS4J9wuDZEqqw\\$](https://www.nytimes.com/2020/04/15/parenting/baby/sleep-regression.html?smid=em-share_!!Jiekhm3yrztg1QliAZB-7C3g_yag403SfDu1KWX_Toga08eLvtzq_UCMsBnb6YWzZUZeht3OcfS4J9wuDZEqqw$)

I saw this article about motherhood and thought it was worth sharing....

<https://www.npr.org/2021/08/08/1024674033/theres-a-name-for-the-ups-and-downs-of-new-motherhood-its-called-matrescence>

Sleep Bag for Walkers

<https://kytebaby.com/products/sleep-bag-walker-in-sage?variant=31172157341807>

EASY Sleep Training

<https://mommymethodology.com/e-a-s-y-sleep-training-week-6-to-month-4/>

https://www.amazon.com/Sleepeasy-Solution-Exhausted-Parents-Getting/dp/0757305601/ref=sr_1_1?dchild=1&gclid=Cj0KCQjwjo2JBhCRARIsAFG667VnrQELNijwTpt00j5ZZ3Q2zK87dACDSMKzLMipzl3hjLt857ggapwaAhjTEALw_wcB&hvadid=41000760617&hvdev=c&hvlcophy=9001895&hvnetw=g&hvqmt=e&hvrnd=14700153960529568204&hvtargid=kwd-

[5904895953&hydadcr=24656_11410731&keywords=sleep+easy+solution&qid=1629735370&sr=8-1](https://www.babysleepscience.com/single-post/2014/05/14/motor-skill-milestone-specific-sleep-regressions-rolling-crawling-standing)

helpful Graphic

| E.A.S.Y. SCHEDULE: Month 6 to Month 9 | | |
|---------------------------------------|-----------------------|--|
| 7:00 AM | (E)AT | 5-8oz. Liquid (breast or bottle) |
| 7:20 | (A)CTIVITY | Some Activity on own, vary position |
| 8:30 | (A/E - con't) | Breakfast of solids |
| 9:15 | (S)LEEP | Nap (1:30) Ritual of 15-20m |
| (Y)OUR PERSONAL TIME | | |
| 11:15 AM | E | 5-8oz. Liquid (breast or bottle) |
| 11:30 | A | Activity |
| 12:30 | A/E con't | Lunch of solids |
| 1:45 | S | Nap (1:45) Ritual of 15-20m |
| | Y | |
| 4:00 PM | E | 5-8oz. Liquid (breast or bottle) |
| 4:15 | A | Low key/Quiet Activity |
| 5:30-6 PM | A/E con't | Dinner of solids |
| | Y is Dinner as Family | |
| 7-7:30 PM | A | Bath |
| | E | 5-8oz. Liquid (breast or bottle) |
| | A | Bedtime Ritual |
| | S | Bedtime |
| | Y | |
| 5 AM | E/S | Night Feed/ to bed till 7am ONLY if baby hungry |

Please Note: Food intake, Activity levels, and Sleep cycles will be influenced by age and weight. Some babies may nap longer at afternoon nap instead of morning nap; some need (2) 2 hour naps. The wake times vary from 2 hours to 2.5 to 2.75 to 3 hours in this age group - tweak routine as needed to accommodate needs. For every ounce of solid, you can reduce the liquid intake equally

Adapted from The Baby Whisperer Solves All Your Problems. Chart created by www.mommymethodology.com

Movement Disrupting Sleep

<https://www.babysleepscience.com/single-post/2014/05/14/motor-skill-milestone-specific-sleep-regressions-rolling-crawling-standing>

Teething Tips

<https://haakaausa.com/products/haakaa-360-silicone-toothbrush-1-pk?variant=38390228621>

https://www.amazon.com/Baby-Banana-Training-Toothbrush-Teether/dp/B002QYW8LW/ref=sr_1_8?dchild=1&keywords=hola+baby+toothbrush&qid=1629735945&s=books&sr=1-8

https://www.amazon.com/Teething-Toys-Pack-Tinables-BPA-Free/dp/B07KWTS2FH/ref=sr_1_12?dchild=1&keywords=silicone+teething+toys&qid=1629736034&s=books&sr=1-12-catcorr

https://www.amazon.com/Not-Too-Cold-BPA-Free-Silicone-Teether-Babies/dp/B08Q2TX35L/ref=sr_1_3?dchild=1&keywords=huka+teether&qid=1629736213&sr=8-3

Radiolab episodes - I listened to these episodes this weekend and found them to be fascinating! I've you've ever wanted to learn more about the placenta, this is your chance! The follow-up episode is about why women seem to suffer more from autoimmune disorders than men - but also why women's immune systems are stronger (it has to do with the placenta).

<https://www.wnycstudios.org/podcasts/radiolab/articles/everybodys-got-one>

<https://www.wnycstudios.org/podcasts/radiolab/articles/unsilencing>

Sleep Training/Room Sharing - Not sure how helpful these are, but worth a shot.

<https://www.tendertransitionsmn.com/how-to-sleep-train-if-your-kids-share-a-room/>

<https://www.babysleepsite.com/sleep-training/sleep-training-room-sharing-tips/>

Room Sharing

<https://drcraigcanapari.com/room-sharing-infancy-isnt-necessary-for-safe-sleep/>