

Resources in Sleep section of Milk & Moon

*We've asterisked the videos that will be useful for parents with toddlers

Title of content	Format
Sleep e-book 2022	E-book (20 pages)
Possums baby and toddler sleep program 2020 - full length	<p>Video</p> <p><i>Please note the videos mentioned below are shortened versions of this full length video, they are not different videos. The descriptions for the video content below provide an understanding of the content of this full length video.</i></p>
Possums baby and toddler sleep program 2020 - mid length	<p>6 videos</p> <p>Welcome and introduction</p> <p>The Sleep Science</p> <p>How to change sleep patterns: begin during the day</p> <p>How to change sleep patterns: evening and bedtimes</p> <p>Manageable nights</p> <p>Four disruptors of baby's night time sleep</p>
Possums baby and toddler sleep program 2020 - mini's	<p>74 videos</p> <p>The videos marked with an asterisk are relevant for parents of toddlers.</p> <p>Welcome and how to find your way around our NDC Baby and Toddler or Possums Sleep Program! *</p> <p>We don't want our little ones crying in the night – there is a better way *</p> <p>Are you concerned about your little one's sleep? *</p> <p>What's the problem with baby 'sleep training'?</p>



The myths of overstimulation and overtiredness in babies *

Why 'sleep training' worsens sleep for many families *

What does adult sleep science tell us about the baby 'sleep training' approach? *

Why graphs illustrating infant sleep architecture don't help *

How our revolutionary approach to baby sleep (NDC or the Possums Sleep Program) came about *

Will my baby's sleep problems affect development in later childhood?

How much sleep does my baby need? *

What's the difference between normal and excessive night waking? *

Sleep regulator # 1: the circadian clock *

Sleep regulator # 2: sleep pressure *

Biologically hardwired sensory needs *

Is my baby grunting and wriggling a lot in the night because of gas pain? *

Baby-wearing: my baby only sleeps when carried

Experimentation is the key to resilience! *

My baby only catnaps during the day

What time should my baby go to bed at night?

White noise and other 'sleep aids' *

Does it help to track my baby's sleep with an app?

Can I wake a sleeping baby?

Is my baby waking because of gut pain?

How long does it take to change sleep patterns? *

Does it matter when we start the day? *

Taking the work out of daytime sleep *



Tool #1 for making the day as easy as possible *

Tool #1 (breastfeeding): offer the breast frequently and flexibly to dial baby down

Tool # 1 (bottle-feeding): offer the bottle frequently and flexibly to dial baby down if 0-4 months of age

Focus on daytime sensory adventures if your child is weaned *

Tool # 2 (sensory): meeting baby's biological hunger for rich and diverse experiences outside the home *

Babies sleep easily during the day if they are enjoying rich and changing sensory-motor experiences *

Sleep pressure drops off quickly with even a tiny nap *

My baby only sleeps on me during the day and wakes all the time at night *

How to manage baby sleep when there is an older child (or two or more!) needing my attention

Is it ok for baby to nap when I'm out and about? *

How much daytime sleep does my baby need? *

Don't let your baby's sleep get in the way of you enjoying the day!

Should I wake my baby from a daytime nap?

Childcare and daytime naps *

Naps for older babies and toddlers *

Late afternoon naps

You often know when your baby's sleep pressure is rising (but the baby still doesn't need to go straight to sleep!)

Taking off the sleep lens and putting on the sensory lens *

Will starting solids earlier help my breastfed baby sleep better?

Will eating more solids help my older breastfed baby sleep better? *

The introduction of solids and sensory play *



Should I eliminate foods from my diet because my breastfed child is unsettled at night?

Feeling under pressure to get milk or solids into your baby for the sake of sleep can make the days and nights harder not easier *

Is it ok to use a pacifier or dummy? *

Melatonin, the circadian clock, and managing parental exhaustion in the evenings *

Should I let my baby nap in the evening? *

What can we do about bedtimes?

Does breastfeeding my baby to sleep create bad habits? *

How can another loving adult help with sleep when the baby is breastfed? *

Gradually make baby's bedtime later in the evening *

Four disruptors of baby's night-time sleep (NOT including disruption of the circadian clock!)

Safe baby sleep 0-6 months

Is it safe to have my baby in bed with me?

Will wrapping help my baby sleep?

Is my older baby waking at night because of hunger?

Is my baby waking at night because I breastfeed frequently or because I breastfeed to sleep?

My child wakes up screaming in the night *

Should I feed my baby every time he or she wakes in the night? *

Is my baby grunting and wriggling a lot in the night because of gas pain? *

Does co-sleeping make my baby wake more in the night?

Do dream feeds help with sleep? *



	<p>When should I stop breastfeeding in the night? *</p> <p>How do I stop breastfeeding in the night? *</p> <p>When will my child stop needing a bottle in the night? *</p> <p>What can I try if my child won't transfer into the cot during the night? *</p> <p>Are you lying awake for long periods in the night when the baby sleeps? *</p> <p>Protecting sleep throughout childhood (by letting sleep be easy) *</p> <p>UNICEF Sharing a bed with your baby: a guide for breastfeeding mothers (pdf)</p>
<p>Toddler sleep videos 2020 - mini's</p>	<p>5 videos</p> <p>Daytime naps and shaping healthy toddler sleep patterns *</p> <p>Is it normal for toddlers to wake in the night? *</p> <p>Does my child need a bedtime routine for healthy sleep into childhood? *</p> <p>Is it ok that my toddler comes into the parental bed in the night? *</p> <p>Growing easy sleep throughout childhood *</p>
<p>The original Possums sleep 'film' 2015</p>	<p>4 videos (timestamped)</p> <p><u>Taking control</u></p> <p>Clarifying the problem</p> <p>Exploring your values</p> <p>What is cued care?</p> <p><u>The sleep science</u></p> <p>You can't 'make' your baby sleep but you can support healthy baby sleep (- a paradox!)</p> <p>The two biological sleep regulators</p> <p>Normal variability of infant sleep</p>



	<p>Dialling up the baby's sympathetic nervous system Sleep Reversal Safe sleep</p> <p><u>Creating an action plan</u> Reset the circadian clock Managing difficult thoughts and feelings Mindfulness Emotional Acceptance Physical Activity Relaxation, etc. Deep Breathing Conscious Muscle Relaxation A sleep-promoting life</p> <p><u>6 months plus</u> Learning something new in the night</p>
<p>Mother's stories of sleep</p>	<p>10 videos</p> <p>Hannah's story about sleep (video) Mothers reflect on their experience of different approaches to sleep (video) About sleep training (first wave behavioural approaches) Does sleep training improve baby's sleep and development? Evidence based information about normal baby sleep The two sleep regulators</p>



	<p>Babies variable sleep needs</p> <p>Resetting the circadian clock</p> <p>Sensory nourishment, excessive night waking and night weaning</p>
Consultations with parents	<p>2 videos</p> <p>Dr Pam talks with parents of a 9.5 month old baby</p> <p>Renee talks with parents of an 11 month old baby</p>
Possums Sleep Workbook 2016	63 page booklet
Sleep podcasts	10 podcasts
Articles	9 news style written articles and transcripts of podcasts
Research publications	10 links to published research on the Possums sleep program

