



Developmental Milestones: Crawling and Sitting Up

The next major milestone that can disrupt your baby's sleep is when she learns how to crawl and sit up. It's very normal for your baby to want to practice these new skills at nighttime instead of sleep! In fact, there was a study that was done by the Department of Counselling and Human Development from the University of Haifa in Israel that concluded that emerging motor skills with infants in the 5-11 month age range, namely sitting up and crawling, may involve periods of disrupted sleep.

So the crawling and sitting up phase has hit—what do you do?! Firstly, lower the crib mattress now that your baby can sit up (for safety reasons). Second, give her lots and lots of opportunity to practice crawling and moving around during the daytime. The more practice she gets, the faster the novelty will wear off so that she goes to sleep when she should be going to sleep! If she's sitting in her crib and is happy, just leave her. If it's nighttime, she'll eventually fall asleep. If she ends up skipping the entire nap, either try again in 30-45 minutes, or just put her in the stroller or car for a nap so that she doesn't skip the nap completely and become extremely overtired. If, on the other hand, she's in her crib and unhappy, feel free to go into her room and calm her down every 10 minutes or so. You can pick her up or shh and pat her if it helps. If that interaction aggravates her even more, then perhaps just check on her from the doorway every 10 minutes and assure her that everything is okay.