

Spring 2006

My Rant:

I have a confession to make. More than once, I have stared at the computer late at night while my internet searched the “F” word. And aren’t we all at some point drawn to it? Ferber. There, I said it. And I’ve tried it too. But then I’ve tried everything, twice. We are a self-proclaimed sleep disaster at our house. I admit it, we need instant gratification (ie sleep) and so we take it however we can get it. We do what works right now, with no rhyme or reason. Now that my older son is older (3) we have developed a bed time routine, which is usually punctuated by the endless requests, mom, I need a drink of water, mom, I’m scared of the shadows, and more recently, mom, I want a cheese string, and mom, I want to do a puzzle. (Points for creativity.)

Some nights are fine, and I wake up and feel no more tired than usual. Other nights are complete shambles, one long and painful string of mini-naps, body resting just long enough to get a kinked neck and sore back from lying in a bed shaped like a car (score one for the sadist at little tykes who dreamed up that one). I have searched in vain for the hidden sticker on the car bed that says “not meant for actual sleep”.

Some nights are so busy with back and forth going between beds, I just pull up my shirt and try to breastfeed whoever I’m with before opening my eyes. I have a one in three chance it will work (I also have a one in three chance it will be interpreted by my husband as romance.) But, at the end of the day (or at the end of the night), I really love sleeping with my sweet smelling baby tucked into my shoulder, and I really love waking up to a three year old voice – is it “up” time mom? The happiest place on earth is our bed in the morning, with mom, dad and two little boys snuggled in between. I know this time is short and precious, and that only too soon, I will look back on these days with the clouded memory which has afflicted my mother’s generation. In 25 years, I too will say, my babies slept fine.

From baby and children’s sleep, to pregnant women’s sleep, to cry it out, or no cry sleep solutions, to co-sleep or not, sleep is an issue that affects everyone. Thank-you to all of the tireless volunteers who worked together to bring this issue of The Birth Vine to the light of day.

The summer issue of The Birth Vine will feature

PREGNANCY

And all of its woes and wonders. Send your submissions to birthvine@shaw.ca

Sleep is kind of like exercise, we could probably all use a little more—so here it is, 24 pages full of sleep. Get comfy and enjoy. Just try not to snore.

Lori—for The Birth Vine Team