

Humming in Harmony

Description

Do you have a certain way of putting your baby to sleep? Maybe a song, using a deep hum, or a soft “shhh” sound?



Sleep = Good

I normally sing random, made up songs using her name and a lot of rhyming. Sometimes the words I use to make the rhyme aren't even real, but it works! Kelley sings as well, but she uses real lullabies; I should look into that. Nah, I love making things up on the fly. I just wish I could write some down, I'd make it, ummmm, probably \$10 at the most.

Kelley and I also use humming as a sleep tool. The humming usually comes second after our singing did most of the work and Avery is mostly asleep. But, what if we are mostly asleep and trying to get Avery to go *back* to sleep?

It just so happens this dilemma occurred last night. For bedtime, Kelley will feed Avery one last time and lay her down to sleep in her crib right after her bath. Lately, Avery has been sleeping pretty long in her crib and when she wakes up hungry, I will get her and bring her to our bed so Kelley can feed her. Once she's had enough, Avery usually will just go back to sleep with us in bed until Kelley gets up for work. Keyword, usually.

Last night, Avery woke up earlier than she has been and I brought her in to feed like normal. After she finished, though, she just laid squirming around with eyes wide open. Not too fussy (yet), just moving and awake. Us, on the other, ready for more sleep!

This happened once before, several weeks back, and Kelley and I both started humming in bed trying to get Avery to go back to sleep. We were both using our deep voice hum, but since we were half asleep, we were trailing off at the end. After 5 minutes of the both of us humming in harmony (weâ€™d make a great barbershop quartet duo), we both just started laughing out loud. Ahh, just 3 months into it and parenthood is already making us crazy. Or maybe we already were crazy!..meh.

Anyway, that first time, Avery did go back to sleep, but last night she wasnâ€™t having our hum. Kelley tried holding her to no avail, and after several other attempts, I ended up on the recliner with Avery in the front room. Mommy needs her rest for work!



Me, happy. Avery, sleeping.

From there, Avery just squirmed for about 20 minutes and fell asleep. Then she woke up and screamed and thrashed for a good 5 minutes; then back to sleep. This happened one more time and finally it was time to get up. Yay.

I love holding our little girl and have learned to just appreciate the screaming while holding her (she has great lungs!!!), but man is she getting strong. Soon her kicking might hurt daddy in certain ways that are worse than others; gotta figure that one out.

Let me leave you with the reward of a good nightâ€™s sleep!..



Iâ€™m smiling because I pooped.

Do you or your spouse ever have to take your baby to another room?

Any tips on how to handle these situations differently, or do we just need to deal with it?

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