From Pediatric Sleep Problems: A Clinician's Guide to Behavioral Interventions, by L. J. Meltzer and V. M. Crabtree. Copyright 2015 by the American Psychological Association.

Dream Feed

The goal of a dream feed is to create a long stretch of uninterrupted sleep for both you and your child. Because of concerns related to your child's need to eat during the night, the dream feed will help you decide when she eats, rather than you having to wake multiple times during the night to feed her. The following provides guidance on how to implement the dream feed.

1. **Your child's dream feed should occur approximately two to three hours after she has fallen asleep at bedtime, and close to the time you usually go to bed.** For you, this dream feed should occur at _____.
2. **At that time, go in and gently rouse your child and feed her (nursing or bottle).** Then place her back in the crib (it is okay if she is asleep at this point).
3. **For all additional night wakings, respond consistently to your child but <u>do not</u> feed her.** For you, this response should be _____.
4. **When your child wakes for the final time in the morning (the time she usually wakes up to start the day), have a routine that is different than during the night.** For example, you can get her up, change her diaper and clothes, and take her in a different room before feeding her again.

The dream feed is a helpful intervention for children who still need to eat during the night but who are waking multiple times or at unpredictable times to do so. By gently waking your child to eat before your own sleep onset, you can assure that additional feedings are not needed during the night.