

Treatment Plan

Personalised Wellness Guide

Prepared exclusively for: Rami Saba
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This confidential document contains personalised health recommendations based on individual assessment. If found, please respect privacy and contact Janaya Karloci Naturopath Pty Ltd at wellness@janayakarlocinaturopath.com.au for details on how to return.

Health Goals

1. **Establish consistent, age-appropriate sleep patterns**
 - Support natural sleep-wake cycles during developmental regression
 - Reduce night wakings and early morning wake-ups
 - Maintain healthy nap routine appropriate for age
2. **Support nervous system regulation during challenging developmental phase**
 - Provide gentle tools for emotional self-regulation
 - Support brain development while promoting rest
 - Build foundations for lifelong healthy sleep habits
3. **Maintain excellent eczema management**
 - Continue current successful skincare routine
 - Preserve optimal home environment
 - Monitor for any sleep-stress related skin changes
4. **Support family wellbeing during sleep challenges**
 - Provide practical strategies for managing bedtime battles
 - Offer reassurance about normal developmental phase
 - Maintain realistic expectations during regression period

Treatment Aims

1. **Address sleep regression through holistic nervous system support**
 - Provide targeted nutritional support for neurotransmitter balance
 - Implement age-appropriate sleep routine structure
 - Support natural melatonin production and circadian rhythm regulation
2. **Maintain optimal gut-brain axis function**
 - Continue probiotic support for immune and neurological health
 - Support neurotransmitter production through gut health
 - Monitor for any digestive factors affecting sleep

3. **Provide gentle nervous system regulation tools**
 - Introduce simple breathing techniques appropriate for age
 - Support emotional regulation during this challenging developmental phase
 - Build coping strategies for the whole family
4. **Continue successful eczema prevention strategies**
 - Maintain established environmental controls
 - Continue proven skincare routine with slight modifications
 - Monitor for any stress-related skin changes during sleep challenges

A - Follow the “2.5 year old Sleep Routine & Sleep Regression Support Guide” guidance in the Sleep Handout Attached prepared specifically for Rami

B- Nutrition Guidelines (maintain current excellent approach)

Daily Priorities

Continue successful patterns:

- Chia pudding almost daily (omega-3 support)
- Bone broth 2-3 times per week (gut healing + calming minerals)
- Anti-inflammatory foods: turmeric, cinnamon in cooking
- Skin-supporting foods: sweet potato, berries, pumpkin seeds

Evening meal considerations:

- Include magnesium-rich foods: leafy greens, nuts, seeds
- Tryptophan sources: turkey, chicken, banana, eggs, cheese, milk, salmon.
- Avoid high-sugar foods 2 hours before bedtime
- Ensure adequate protein to support neurotransmitter production

Monitor for Sleep-Diet Connections

- Note any foods that seem to affect sleep quality
- Consider timing of last meal (aim for 1-2 hours before bed)
- Watch for any correlation between diet and night wakings

Reminder of daily targets (based on Australian Dietary Guidelines for 2-3 year olds)

- **Water:** 1-1.5 litres per day (approximately 4-6 cups)
- **Vegetables:** 2.5 serves daily (1 serve = ½ cup cooked vegetables)
- **Fruit:** 1 serve daily (1 serve = 1 medium piece or ½ cup chopped)
- **Grain foods:** 4 serves daily (1 serve = 1 slice bread, ½ cup cooked rice/pasta)
- **Dairy:** 1.5 serves daily (1 serve = 1 cup milk, 2 slices cheese, ¾ cup yogurt)
- **Lean meats/alternatives:** 1 serve daily (1 serve = 65g cooked meat, 2 eggs, 1 cup legumes)
- **Healthy fats:** Small amount (primarily from foods like avocado, olive oil, nuts/seeds)

C - Eczema Maintenance Protocol

Continue Successful Skincare Routine

- Short baths/showers (5-10 minutes)
- Wash hair after swimming + one other day per week
 - Fine to wet hair daily, just reduce product use
- Lukewarm water temperature
- Pat dry gently
- Apply Weleda Baby Intensive Body Cream Calendula while skin slightly damp

Environmental Controls (maintain current)

- Humidity: 40-50% (especially important in sleeping areas)
- Temperature: 18-22°C
- 100% cotton bedding and clothing
- Hypoallergenic laundry detergent
- Regular humidity monitoring

Continued Supplement Support

Probiotics: Continue daily use

- Rotate between recommended strains every 3-4 months
- Two different options available through Vital.ly
- Support immune function and gut-brain axis

Fish oil: Continue if seafood consumption limited

- Support skin barrier function and nervous system health

D - Nervous System Support

Daily Ritual: "Balloon Belly" (5 minutes)

This gentle breathing practice helps calm the nervous system while making mindfulness fun:

1. Have your little one lie down comfortably
2. Place a small stuffed animal on their tummy
3. Guide them to watch their "friend" rise as they breathe in deeply
4. Then watch their "friend" gently fall as they breathe out
5. Practice for 3-5 breaths daily

In-the-Moment Technique

When you notice Rami needs a moment of calm:

- Create a gentle "pause" by redirecting attention to breathing
- Use simple language: "Let's take a big breath together like a balloon"
- Model the breathing yourself
- Offer gentle physical reassurance (hand on back, etc.)

Additional Calming Strategies

Essential oils in Diffuser – My recommendation is Euky Bear "[Sleepy Time Baby Essential Oil Blend](#)"

Appropriate Use:

- **Diffusion only** - never apply topically or ingest
- **Well-ventilated room** - ensure good air circulation
- **Low concentration** - 1-2 drops maximum in diffuser
- **Limited duration** - 30-60 minutes maximum, not continuous
- **Supervised use** - always when adults are present
- **Room size matters** - larger rooms are safer than small, enclosed spaces

Benefits for Young Children:

- **Sleep quality**
- **Nervous system regulation**
- **Calming effects**

Precautions:

- **Start with minimal exposure** (15-20 minutes) to test tolerance
- **Discontinue if any respiratory irritation** occurs
- **Avoid during illness** when respiratory systems are already stressed
- **Never leave diffuser running overnight** in child's room

Environmental cues for sleep:

- "Sweet dreams mixture / Super Power Mixture" i.e. the Bioglan Medlab Mg Optima Relax Jnr. (1 scoop mixed in water) at the start of wind down routine
- Soft music or white noise if helpful
- Consistent visual cues (dimmed lights, special PJs)

E- Primary Supplement Recommendation

Sleep Support Formula (*Bioglan Medlab Mg Optima Relax Jnr.*)

1 bottle (30 serves)

- **Dosage:** 1 scoop (2g) daily in water or juice
- **Timing:** 30-60 minutes before bedtime routine begins
- **Contains:** Magnesium glycinate (32.5mg), Vitamin B6 as P5P (1mg), Zinc (1mg), Glutamine (50mg), Chamomile extract (840mg dry equivalent)

How this supports sleep:

- Magnesium glycinate promotes muscle relaxation and nervous system calm
- Vitamin B6 supports serotonin and GABA production for natural sleepiness
- Chamomile provides gentle nervous system support with excellent safety profile
- Glutamine supports gut-brain axis and neurotransmitter balance
- Zinc supports nervous system function during this growth phase

Implementation Strategy

- **Week 1:** Introduce supplement alongside new structured bedtime routine

- **Week 2-4:** Maintain consistency while allowing regression to naturally resolve
- **Week 4-6:** Assess effectiveness and plan for ongoing support if needed

F - Monitoring & Assessment

What to Track (first 2 weeks)

Sleep patterns:

- Time to fall asleep for naps and bedtime
- Number of night wakings
- Morning wake time
- Overall mood and energy during day

Skin health:

- Any changes during stressful sleep periods
- Continue established monitoring routine
- Note any correlation between sleep disruption and skin flares

Supplement tolerance:

- How well sleep supplement is accepted
- Any changes in sleep quality after starting
- Any digestive changes or reactions

Specific to the new children sharing sleeping arrangements:

- Are mutual wake-ups increasing or decreasing?
- Is Rami showing jealousy behaviours or bonding behaviours?
- How is Tullulah's sleep affected?
- Timeline: minimum 2 weeks trial before making changes

Progress Indicators

Signs of improvement:

- Falling asleep within 30 minutes of lights out
- Reduced frequency of night wakings
- Later morning wake times (after 6:00 AM)
- Better mood and cooperation during day
- Maintained excellent skin health

What to Expect During This Phase

Timeline

Weeks 1-2: Initial implementation and potential continued challenging nights

- **I will check in with you between 2-3 weeks.**

Weeks 3-4: Gradual improvement as regression naturally resolves

Weeks 4-6: Establishment of new positive sleep patterns

Normal Challenges

- Some nights will still be difficult during this developmental phase
- Regression behaviours may increase before improving
- Family patience and consistency is essential
- This is often the most challenging sleep phase until adolescence

When to Contact Me

- Sleep issues persist beyond 6 weeks with consistent approach
- Skin symptoms worsen during this period
- Family functioning becomes severely impacted
- New concerning behaviours emerge
- You need additional support or reassurance

G - Key Reminders

For Parents

- **This is a normal developmental phase** that will pass
- **Consistency is more important than perfection**
- **Don't introduce new helping habits** during regression
- **Your calm confidence helps your child feel secure**
- **Seek support when you need it** - you're not alone

For Long-term Success

- The sleep supplement provides foundation during challenging weeks
- Structured routine gives security during uncertain developmental time
- Maintaining eczema protocols prevents additional stress
- Building regulation skills now supports lifelong emotional health

Remember: *You've done an excellent job managing Rami's eczema, and you'll navigate this sleep challenge just as successfully. This developmental phase, while exhausting, is actually a sign of healthy brain development. Your consistency and love during this time builds his long-term security and sleep skills.*

Support available: Please don't hesitate to reach out if you need additional guidance or reassurance during this challenging but temporary phase.

You've got this!

If you have any questions regarding your treatment plan, please email me at wellness@janayakarlocinaturopath.com.au.

This guide complements but doesn't replace any medical advice. Always keep your healthcare team informed of your wellness journey.

If you feel unwell at any point, become pregnant or start taking new medication(s)/supplementation(s), please stop taking your prescribed supplements and contact me ASAP at 0415 575 788 AND seek urgent medical attention if required.

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