

2 month old sleep training

2 month old sleep training is a topic that many new parents consider as they navigate the challenges of infant sleep patterns. At two months, babies are beginning to develop more regular sleep cycles, but they still require frequent feedings and comfort throughout the night. Understanding the basics of sleep training at this early stage can help set the foundation for healthier sleep habits as the baby grows. This article explores what 2 month old sleep training entails, the key considerations for this age, and practical techniques that can be safely implemented. Additionally, it covers common challenges and tips for creating a conducive sleep environment. The goal is to provide a comprehensive guide for parents seeking to support their infant's sleep development effectively.

- Understanding 2 Month Old Sleep Patterns
- When to Start Sleep Training
- Safe and Effective Sleep Training Techniques
- Creating an Ideal Sleep Environment
- Common Challenges and Solutions
- Monitoring Baby's Sleep Progress

Understanding 2 Month Old Sleep Patterns

At two months of age, infants are in a transitional phase of sleep development. Their sleep cycles are becoming more organized compared to the newborn stage, but they still experience frequent awakenings. Typically, a 2 month old baby sleeps between 14 and 17 hours over a 24-hour period, divided between naps and nighttime sleep. The sleep periods tend to last from 2 to 4 hours, with shorter stretches during the day and longer stretches at night beginning to emerge.

Development of Sleep Cycles

By two months, a baby's sleep architecture starts to resemble that of adults, alternating between rapid eye movement (REM) and non-REM sleep. However, these cycles are much shorter, usually lasting about 50 to 60 minutes. This explains why infants often wake up more frequently and need assistance to fall back asleep. Understanding these natural sleep stages is crucial for parents considering 2 month old sleep training, as it informs realistic expectations and appropriate techniques.

Feeding and Sleep Interactions

At this age, babies still require regular feedings, typically every 3 to 4 hours, including nighttime.

Hunger is one of the primary reasons for waking, so sleep training approaches must accommodate these nutritional needs. Sleep training for a 2 month old therefore focuses more on establishing comforting routines rather than encouraging extended sleep stretches prematurely.

When to Start Sleep Training

Determining the right time to start 2 month old sleep training depends on the baby's individual development and the family's readiness. While some experts recommend waiting until the baby is between 3 to 6 months old, many parents begin gentle sleep training methods around 2 months to encourage healthy sleep associations early on.

Signs Baby Is Ready

Signs indicating readiness for sleep training at 2 months include the ability to self-soothe for brief periods, more predictable sleep and wake times, and consistent feeding schedules. Babies showing these signs may respond well to gentle sleep training techniques designed to promote independent sleep habits without causing stress.

Consulting Healthcare Providers

Before initiating any sleep training protocol, it is advisable to consult with a pediatrician. This ensures that the baby's growth, feeding patterns, and overall health are suitable for beginning sleep training. Pediatricians can also provide guidance tailored to the baby's specific needs and family circumstances.

Safe and Effective Sleep Training Techniques

Sleep training for a 2 month old should prioritize safety, comfort, and gradual adjustment. It is important to use gentle methods that respect the baby's developmental stage and avoid causing undue distress.

Establishing a Consistent Bedtime Routine

A predictable bedtime routine helps signal to the baby that it is time to sleep. This can include activities such as a warm bath, dimming the lights, gentle rocking, or soft lullabies. Consistency in the routine supports the baby's circadian rhythm and promotes relaxation.

Responsive Settling Techniques

Techniques like the "pick up, put down" method encourage the baby to learn to fall asleep with some comfort but without complete reliance on being held or rocked. Parents respond to the baby's cries by picking them up to soothe and then putting them down drowsy but awake. This approach gently fosters self-soothing skills appropriate for a 2 month old.

Swaddling and White Noise

Swaddling can provide a sense of security and reduce the startle reflex that often wakes young infants. White noise machines or apps mimic womb sounds and can mask household noises, creating a calming sleep environment. Both techniques are commonly used in 2 month old sleep training to help babies settle more easily.

Creating an Ideal Sleep Environment

The sleep environment plays a critical role in the success of 2 month old sleep training. Safety and comfort are the primary considerations when setting up a nursery or sleep area.

Safe Sleep Practices

Following safe sleep guidelines is essential. Babies should be placed on their backs to sleep, on a firm mattress with a fitted sheet, and without loose bedding, pillows, or stuffed toys. These practices reduce the risk of sudden infant death syndrome (SIDS) and ensure a safe sleep setting.

Optimizing Room Conditions

Maintaining a comfortable room temperature, ideally between 68 and 72 degrees Fahrenheit, supports uninterrupted sleep. Using blackout curtains can help minimize light disturbances. Additionally, keeping noise levels consistent with white noise or soft background sounds can aid in creating a soothing atmosphere for the infant.

Common Challenges and Solutions

Parents often face challenges when implementing 2 month old sleep training, but understanding these difficulties and having strategies in place can improve outcomes.

Frequent Night Wakings

At two months, frequent night wakings are normal due to feeding needs and shorter sleep cycles. To manage this, parents can focus on responsive settling rather than trying to extend sleep too quickly. Gradually increasing the intervals between soothing interventions helps promote longer sleep periods over time.

Crying and Fussiness

Crying is a natural form of communication for infants, especially during sleep training efforts. Using gentle methods and responding promptly to the baby's needs can reduce fussiness. Parents should avoid letting the baby cry excessively without comfort, as this can increase stress and disrupt sleep training progress.

Growth Spurts and Developmental Changes

Growth spurts and developmental milestones often cause temporary sleep regressions. During these times, flexibility in sleep training routines is important. Parents should be prepared to provide extra comfort and adjust expectations until the baby's sleep patterns stabilize again.

Monitoring Baby's Sleep Progress

Tracking the baby's sleep patterns and responses to training methods helps parents make informed adjustments to their approach. Consistent monitoring ensures the baby's well-being and supports gradual improvement in sleep quality.

Keeping a Sleep Log

A sleep log documenting nap times, nighttime sleep durations, feeding schedules, and behaviors can reveal patterns or issues that need addressing. This data is valuable for discussions with pediatricians and for refining sleep training techniques.

Recognizing Healthy Sleep Development

Signs of successful 2 month old sleep training include longer sleep stretches at night, easier settling to sleep, and reduced night waking frequency. However, variability is normal, and parents should be patient as the baby's sleep matures over the coming months.

Adjusting Techniques as Baby Grows

Sleep training is an evolving process. As the infant develops new skills and sleep needs change, parents should adapt their strategies accordingly. Continued emphasis on safe sleep practices and responsive care remains essential throughout this progression.

- Establish a consistent bedtime routine
- Use gentle settling techniques like pick up, put down
- Implement swaddling and white noise for comfort
- Follow safe sleep guidelines rigorously
- Maintain a comfortable and quiet sleep environment
- Be flexible during growth spurts and developmental changes
- Track sleep patterns to guide adjustments

Frequently Asked Questions

Is it appropriate to start sleep training a 2 month old?

Most experts recommend waiting until a baby is around 4 months old before beginning formal sleep training, as 2 month olds are still developing their sleep patterns and need frequent feedings.

What are safe sleep practices for a 2 month old?

Safe sleep practices for a 2 month old include placing the baby on their back to sleep, using a firm sleep surface, keeping the crib free of soft bedding and toys, and maintaining a smoke-free environment.

How many hours of sleep should a 2 month old get?

A 2 month old typically needs about 14 to 17 hours of sleep in a 24-hour period, including naps and nighttime sleep.

Can I start establishing a bedtime routine at 2 months?

Yes, starting a gentle bedtime routine at 2 months can help signal to your baby that it's time to sleep. This can include activities like a warm bath, feeding, and quiet lullabies.

What are common challenges when sleep training a 2 month old?

Common challenges include frequent night feedings, short sleep cycles, difficulty soothing, and the baby's immature circadian rhythm, making sleep training less effective at this age.

Should I let my 2 month old cry it out during sleep training?

Most pediatricians advise against using cry it out methods with a 2 month old, as they require frequent comforting and feeding. Gentle soothing methods are recommended instead.

How can I help my 2 month old differentiate between day and night?

To help your baby differentiate between day and night, keep daytime interactions lively and bright, and nighttime quiet and dimly lit, with minimal stimulation during night feedings.

When is the best time to start more structured sleep training?

The best time to start more structured sleep training is usually around 4 to 6 months of age, when babies have more mature sleep cycles and can go longer stretches without feeding.

Additional Resources

1. *Sleep Training Your 2-Month-Old: A Gentle Guide for New Parents*

This book offers compassionate and effective sleep training techniques specifically designed for infants around two months old. It emphasizes understanding your baby's unique sleep patterns and encourages gentle methods that foster security and trust. New parents will find practical tips to create a soothing bedtime routine that promotes longer, restful sleep for both baby and family.

2. *The 2-Month Sleep Solution: Building Healthy Sleep Habits Early*

Focused on establishing healthy sleep habits from an early age, this guide provides step-by-step instructions tailored to two-month-old babies. It covers topics such as recognizing sleep cues, managing nighttime feedings, and creating a consistent sleep environment. The book is a valuable resource for parents aiming to balance their baby's needs with their own rest.

3. *From Wake to Sleep: Navigating Your Baby's Two-Month Sleep Journey*

This book explores the developmental changes in sleep patterns at the two-month mark and how parents can adapt their techniques accordingly. It offers insights into common challenges like frequent waking and fussiness, along with practical solutions. Readers will appreciate the blend of science and empathy to support their baby's sleep growth.

4. *Restful Nights with Your 2-Month-Old: Sleep Training Made Simple*

Designed for busy parents, this straightforward guide demystifies sleep training for very young infants. It introduces gentle routines and calming strategies that help babies transition into longer sleep stretches. The book also addresses parental concerns and provides reassurance that early sleep training can be done with love and patience.

5. *Smart Sleep Strategies for Your Two-Month-Old Baby*

This book combines the latest research on infant sleep with practical advice tailored to two-month-old babies. It covers how to create a sleep-friendly environment and when to start introducing sleep training concepts. Parents will find helpful charts, schedules, and troubleshooting tips to support their baby's sleep development.

6. *Early Sleep Training: A Two-Month-Old's Guide to Better Sleep*

Offering a proactive approach, this book encourages parents to start gentle sleep training techniques as early as two months old. It highlights the importance of consistency and patience while respecting the baby's natural rhythms. The guide includes real-life examples and reassuring advice for overcoming common hurdles.

7. *The Calm Baby Sleep Plan for 2-Month-Olds*

This calming and comprehensive plan focuses on creating a peaceful bedtime routine that suits two-month-old infants. It combines soothing methods like swaddling, white noise, and sleep cues to help babies feel secure and relaxed. The book also discusses how to balance sleep training with feeding and bonding needs.

8. *Two Months to Sweet Dreams: A Parent's Sleep Training Handbook*

Perfect for first-time parents, this handbook breaks down sleep training principles into manageable steps tailored to a two-month-old's developmental stage. It emphasizes nurturing approaches that foster trust while encouraging healthy sleep habits. The book also includes tips for nighttime feedings and handling sleep regressions.

9. *Sleep Soundly: The 2-Month-Old Baby Sleep Training Companion*

This companion guide offers a supportive framework for parents embarking on sleep training with their two-month-old babies. It provides tools for tracking sleep patterns, adapting routines, and responding to baby's cues effectively. The book encourages a flexible yet consistent approach to help families achieve restful nights together.

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2 month old sleep training: The Complete Idiot's Guide to Sleep Training Your Child

Jennifer Lawler Ph.D., Melissa Burnham Ph.D., 2006-10-03 Putting every child's sleep difficulties to bed for good. Since every child is different, even experienced parents may encounter problems with a new baby or young child who has trouble sleeping. In this guide, you will discover how to deal with your baby's changing sleep schedule, health issues that can affect a baby's sleep, what to do about different types of crying, and more. • Includes advice for babies, toddlers, and beyond.

2 month old sleep training: Bedtiming: The Parent's Guide to Getting Your Child to Sleep at Just the Right Age Isabela Granic, Marc D. Lewis, 2010-01-12 When it comes to getting your baby or toddler to sleep through the night, discover why when matters more than how Are you tired of endless hours spent rocking your baby to sleep? Have you "hit the wall" when it comes to sleepless nights? Teaching your baby or toddler to sleep through the night can be a bewildering and frustrating experience. Developmental psychologists Marc D. Lewis and Isabela Granic reveal that the key to your child's sleep habits is not which method you choose to help your child sleep, but when you use it. Timing is everything, and Bedtiming walks you through the stages of child development, offering helpful advice on such topics as: • time windows when sleep-training will be most effective and when it will stand the least chance of success • the pros and cons of several popular sleep-training techniques—including the "cry-it-out," "no-cry," and Ferber methods • common sleep setbacks and how to handle them • how to successfully transition your child from your bed to his or her own crib or bed. Bedtiming is a simple, sensible, and reassuring guide that will help children—and parents—get a good night's sleep.

2 month old sleep training: Baby Sleep Solution: A Natural Training Method Guide For Solving Your Child's Nighttime Problems Kassandra White, Are you looking for a natural way to get your baby to sleep so you can get the rest you need? Then keep reading! So many new mothers are well-acquainted with the sleep troubles that come along with a new baby. Sleeping through the night is a foreign concept for most infants and most parents are forced to get by on less sleep than they've ever had before. There is a way to get the sleep that Mommy, Daddy, and Baby all need each night without medicinal practices or methods! In Baby Sleep Solution, you will learn about methods that really worked for a mother with her children. So many books on the market are written by doctors who don't really know what it's like to be a parent, or who don't understand the heartbreak a parent has to go through with some harsher sleep training methods. Baby Sleep Solution educates the reader, no matter how experienced or new, on why sleep is important, how to set up a routine, and how to consistently get great sleep. In this book, you will find: The natural biological rhythm of a baby and how to work around it Why communication can help you to create the ideal routine Tips to help you keep to a routine, even when you're in unique sleeping arrangements The best ways to spot health problems in various sleep patterns The best sleep a parent can get So much more! Parenting

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2 month old sleep training: The Sleep Lady®'s Gentle Newborn Sleep Guide Kim West, 2023-03-21 Get better sleep for the whole family—from birth—with gentle, proven tips, tools, and techniques from The Sleep Lady® Sleep training isn't recommended until your baby is 6 months old, but that doesn't mean you're powerless to help them (and you) sleep better now. For the past three decades, Kim West, known around the world as The Sleep Lady®, has personally helped over twenty thousand families gently teach their children how to fall asleep—and fall back asleep—without leaving them to cry it out alone. Now, in The Sleep Lady®'s Gentle Newborn Sleep Guide, she offers gentle, evidenced-based ways to help newborns (and parents) get to sleep! Understand action steps you can take and learn myths you can let go of with easily digestible chapters you can follow along monthly. In month-by-month chapters that are easily digestible (even in the middle of the night!), West and her Gentle Sleep Team share: How feeding, attachment, soothing, and temperament all factor into your infant's sleep The key developmental milestones from birth through five months and how to encourage sleep at every stage Safe co-sleeping guidelines—and clear answers around this hotly debated topic Success stories from real parents Alternatives to the "cry it out" method for newborns, based on an infant's developmental readiness to self-soothe Plus, what parents need to know to make sure they're taking care of themselves, too It's easy to get overwhelmed by conflicting advice on sleep training, nap coaching, sleep schedules, and more. The Sleep Lady®'s Gentle Newborn Sleep Guide provides clear guidance and a safe haven free of judgment, guilt, and criticism for parents seeking options that align with their parenting values and beliefs. Raising a newborn doesn't have to be a sleep-deprived nightmare. Trust your instincts. Learn how to read and respond to your baby's cues with confidence. And finally get a good night's sleep.

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moment of the first 12 months and all aspects of baby care and development-from coming home, breast and bottle feeding, and sleeping arrangements to traveling, building body strength, and starting solids-this book has unrivaled detail on everything to expect, all provided by a team of experts, including pediatricians, midwives, psychologists, and nutritionists. Complementing the best-selling *The Day-by-Day Pregnancy Book*, this updated edition has all the latest medical advice for new parents, Q&As with experts and other parents to provide extra support, and answers to common questions offering reassurance for any concerns. *The Month-by-Month Baby Book* is the perfect companion to have throughout your baby's first year.

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2 month old sleep training: The Sensational Baby Sleep Plan Alison Scott-Wright, 2010-04-27 Packed with tips, hints and reminders, case studies, at-a-glance charts and a daily journal to help you keep track of your baby's progress, *The Sensational Baby Sleep Plan* is a step-by-step, must-have manual to ensure sleep for you and your baby. For over twenty-five years, recognised sleep guru Alison Scott-Wright has been working 'hands-on' with families, sharing her knowledge with her clients and, most importantly, bringing sleep to thousands of homes. Now she is sharing her expertise with you... 'I was so thankful for this book. It made a HUGE difference.' -- Giovanna Fletcher 'I wish I had read this book sooner, I tell every new mum about it!' -- Millie Mackintosh *The Sensational Baby Sleep Plan* is changing parents' lives: ***** 'This book is a Godsend . . . simple, supportive and easy to apply.' ***** 'Literally changes our lives . . . absolutely invaluable advice.' ***** 'This books now allows our little one to enjoy her sleep . . . She is a happy content smiley baby now and so are mummy and daddy!'

*****The Sensational Baby Sleep Plan gives parents: * Realistic, easy to follow advice and guidance * Sensible feeding plans that can be tailored to suit the individual * Simple explanations of how to interpret different cries * Useful tips to encourage belief and trust in their parental instincts * Solutions to common issues and problems, as well as in-depth explanations on how to cope with reflux and dietary related colic. * Happy babies that sleep through the night and have structured naps from around 2 months. Baby care consultant Alison Scott-Wright takes the stress and tension out of those early weeks and offers the ultimate plan that will ensure your baby sleeps soundly during the day, and for a full 12 hours during the night from around 8-10 weeks, without the need for night feeds! And for when you're ready to move on to the next stage in sleep-filled parenting: *The Sensational Toddler Sleep Plan*!

2 month old sleep training: The Sleepeasy Solution Jennifer Waldburger, Jill Spivack, 2007-04 Two experts who are helping Hollywood's A-list babies get their Rzzz'sS share the no-fail, family-friendly method for millions of sleep-deprived moms and dads. Their technique addresses the emotional needs of both the parents and children up to age five, a critical component of success, and why other sleep methods often fail.

2 month old sleep training: How Babies Sleep Sofia Axelrod, 2020-08-11 Discover the best baby sleep method—gentle, science-backed, and inspired by the latest Nobel Prize-winning research—that shows you how to get your baby to sleep through the night naturally. Sleep—or the lack of it—is one of the most crucial issues for new parents. Newborn babies typically wake every two to three hours, and there's nothing bleary-eyed, exhausted parents want more than a night of uninterrupted sleep. But while there's plenty of advice out there, there is nothing that's based on the latest cutting-edge research about sleep—until now. In *How Babies Sleep*, Sofia Axelrod, PhD—neuroscientist, sleep consultant, and mother of two—introduces the first baby sleep method that is truly rooted in the science of sleep. After having her first child, Axelrod realized that the typical baby sleep advice conflicted with the actual science of sleep, including the findings from her mentor's Nobel Prize-winning sleep lab. She developed her transformative method based on the latest discoveries about our body's circadian clock and how it is disturbed by light and other external stimuli. After seeing incredible results with her own babies, she has since counseled countless families in her groundbreaking method—which works with babies' needs and helps little ones learn to self-soothe, fall asleep more easily, and stay asleep through the night. You'll discover helpful tips that work, and learn: why using a red lightbulb (instead of a regular one) in the nursery at night can minimize wakings; why the age-old advice “don't wake a sleeping baby” isn't true; how to create a healthy routine; how to sleep train gently with minimal crying (under two minutes); and so much more in this revolutionary and effective book that will help both you and your baby enjoy a peaceful night's sleep.

2 month old sleep training: *Sleeping Through the Night, Revised Edition* Jodi A. Mindell, 2010-10-05 Right after Is it a boy or a girl? and What's his/her name?, the next question people invariably ask new parents is Are you getting any sleep? Unfortunately, the answer is usually Not much. In fact, studies show that approximately 25% of young children experience some type of sleep problem and, as any bleary-eyed parent will attest, it is one of the most difficult challenges of parenting. Drawing on her ten years of experience in the assessment and treatment of common sleep problems in children, Dr. Jodi A. Mindell now provides tips and techniques, the answers to commonly asked questions, and case studies and quotes from parents who have successfully solved their children's sleep problems. Unlike other books on the subject, Dr. Mindell also offers practical tips on bedtime, rather than middle-of-the-night-sleep training, and shows how all members of the family can cope with the stresses associated with teaching a child to sleep.

2 month old sleep training: *Beyond the Checkup from Birth to Age Four* Luke Voytas, MD, 2018-08-21 For new or anxious parents: This handbook follows the typical checkup schedule from birth to age four, while tackling oft-neglected topics like screen time, picky eaters, and discipline. With the tangle of information available on the internet, it's easy for new parents to become overwhelmed. In this handbook, Dr. Luke Voytas—a practicing pediatrician (and father of two young kids)—helps parents feel confident and calm by providing advice that is a blend of research-based information and common sense. Beginning with preparations leading up to baby's birth, including how to find the right pediatrician, this book follows the traditional checkup schedule—month by month, year by year—through age four. In a friendly, often humorous, and reassuring voice, Dr. Voytas also delves into common illnesses and concerning topics such as behavior, eating, and sleep, providing answers to questions parents frequently ask. Filled with reliable information, *Beyond the Checkup from Birth to Age Four* will empower parents to make decisions that are best for their child and will surely be a trusted resource for everyday use.

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how. A whip smart and entertaining guide that focuses on WHY babies sleep the way they do, this book arms you with evidence-based and flexible tools that work for every unique situation so that you can teach your baby how to sleep well. This book will help you tackle the thorniest sleep snags, including: > Navigating the tricky newborn phase like a pro > Getting your child to truly sleep through the night > Weaning off the all-night buffet > Mastering the precarious tango that is healthy napping > Solving toddler and preschooler sleep struggles Sleep expert Alexis Dubief, of the wildly popular website, podcast, and group Precious Little Sleep, imparts effective, accessible, and flexible strategies based on years of research that will dramatically improve your child's sleep. You'll love the practical solutions and the way she presents them. And it works! Buy it now.

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2 month old sleep training: *It's Your Baby* Dr Saroja Balan, 2022-01-27 Becoming a parent can be both terrifying and exciting. You will have a million questions, from how to prepare for the birth to how to feed your baby to what to expect in terms of growth and what vaccines the baby needs. It can all be overwhelming. 'Helpful advice' often ends up being confusing, and the internet can be a source of panic. During her thirty years of practice, paediatrician Dr Saroja Balan has met thousands of parents and found herself answering the same questions. While she firmly believes parenting is mostly learning on the job, she knows a little help goes a long way. Written specifically for Indian parents, *It's Your Baby* is the best support to accompany you on your journey. It is meant to help you figure out when your child needs to see a doctor and when you can handle things on your own. Covering basics such as sleep, breastfeeding and common ailments, it also includes all you need to know about screen time, childhood obesity, pollution and parenting styles, helping you navigate the first two years of parenthood. Dr Balan's reassuring, no-nonsense approach makes this the essential guide for a safe and healthy child - and a more confident you!

2 month old sleep training: *It's No Accident* Steve Hodges, Suzanne Schlosberg, 2012-02-07 Proven, practical advice for treating and preventing potty problems.

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2 month old sleep training: *Cribsheet* Emily Oster, 2019-04-23 From the author of *Expecting Better*, *The Family Firm*, and *The Unexpected* an economist's guide to the early years of parenting. "Both refreshing and useful. With so many parenting theories driving us all a bit batty, this is the type of book that we need to help calm things down." —LA Times "The book is jam-packed with information, but it's also a delightful read because Oster is such a good writer." —NPR With *Expecting Better*, award-winning economist Emily Oster spotted a need in the pregnancy market for advice that gave women the information they needed to make the best decision for their own pregnancies. By digging into the data, Oster found that much of the conventional pregnancy wisdom

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meaning - Difference between 一 and 1? - Chinese Language 2. In ordinal, decimal numbers and fractional numbers, uses "一" but not "1". 3. When used with normal counter word, for single digit number, uses "一" but not "1". For

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