



Baby Sleep To-Do'zzz



5 Steps To A Sleeping Baby

1

CHOOSE THE RIGHT BEDTIME

Bedtime should be based on your child's morning wake up time being 10-12 hours before they wake up for the day (between 6:00-8:00 pm is ideal).



2

SLEEP IN THE SAME PLACE

Putting your child in the same place every night will help them learn that space is for sleep (offering naps there will help too)!



3

PREDICTABLE SLEEP ROUTINE

Following a simple routine every night will help them settle down for sleep easier; try offering a bath, PJ's, then stories (routines should be 30-45 minutes).



4

GOING TO BED AWAKE

Once the routine is complete put your child in their bed AWAKE! Letting your child fall asleep in their bed will create a positive sleep relationship.



5

WAIT AND LISTEN

When your child wakes overnight, try waiting a few minutes before going to them. Listen to see if you can hear them settling down or needing help.



Not sure where to start? Visit my website to book a free evaluation.

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GOOD LITTLE SLEEPERZZZ