Create Your Personal Sleep Plan

My Personal Sleep Plan for My Newborn Baby

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Take from The No-Cry Sleep Solution by Elizabeth Pantley

I will keep my nighttime quiet, dark, and peaceful.

I will make nighttime different from daytime naps.

I will let my sleeping baby sleep.

I will avoid creating a schedule-to-sleep association.

I will learn the difference between sleeping sounds and waking sounds.

I will correct a schedule-to-sleep association.

I will remove my sleepy (instead of sleeping) baby from the bed.

I will reserve sleeping in my arms for special moments.

I will put baby to sleep alone in the cradle, crib, or bed.

This is what I should be doing: Relaxing and enjoying my newborn baby.

I will enjoy restful feeding sessions during the day.

I will fill my baby's tummy before sleep.

I will accept that some of my baby's time.

I will make mealtime comfortable for my baby and be comfortable.

I will make my baby's sleep environment cozy and

When I see these signs.

I will watch for signs of tiredness.

I will watch for signs of tiredness.

The longest I will let my baby nap is.

I will not let my baby take too long of a daytime nap.

I will keep my nighttime quiet, dark, and peaceful.

I will make nighttime different from daytime naps.

I will let my sleeping baby sleep.

I will avoid creating a schedule-to-sleep association.

I will learn the difference between sleeping sounds and waking sounds.

I will correct a schedule-to-sleep association.

I will remove my sleepy (instead of sleeping) baby from the bed.

I will reserve sleeping in my arms for special moments.

I will put baby to sleep alone in the cradle, crib, or bed.

The book(s) I will obtain and read now are:

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The ways I will encourage naps are:

- Baby down for a nap at those times.
- Put my baby to sleep, nursing, singing, whatever.
- Decrease activity, getting down, losing interest, rubbing.
- I will watch my baby carefully for signs of tiredness.
-...

Times for my baby's naps are:

- I will make sure there is a baby's regular nap.

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<tr>
<th>Activity</th>
<th>Approximate Time</th>
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This is our nightly routine:

- I will follow a bedtime routine.
- My baby's sleeping place is inviting and comfortable.
- My baby is eating well during the day.
- My baby is healthy.
- I will get my baby ready.

Soon we will both be sleeping all night long.

- I am willing to be patient and make changes day by day.
- I will help my baby sleep better.
- I don't want my baby to cry.
- I am committed to doing things differently.
- I am good for my baby.
- It will be good for my baby.
- My baby is old enough to sleep all night.
- My baby is ready.

Four Months to Two Years Old

My Personal Sleep Plan for My Baby

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There are the things we will do:

- I will help baby fall back to sleep and move him to his own bed.
- I will help baby fall back to sleep and move him to his own sleep routine.
- I will use a soft cloth and futon mattress for baby sleep.
- I will ensure baby's sleep after the fall asleep.
- I will use the gentle removal plan as often as I can.
- I will introduce a lovey or security blanket.
- I won't consider it a quick fix! I will put time and work co-sleep.
- I will help baby fall back to sleep while continuing to wake.

**Our nighttime music/sounds are:**

- I will use music or sound as deep cues.
- I will develop key words as a sleep cue.
- I will make our nighttime quiet, dark, and peaceful.
- I will make different nighttime marks.
- I will keep a log of when we are awake and when I put baby to bed.
- I will introduce a lovey.
- I will encourage my baby to fall asleep on their own.

**Various places and ways:**

- I will help my baby learn how to fall asleep without help.
- I will read books before every bedtime.
- I will spend daily quiet time ensuring my baby play in this (last one).

**Other things I will do:**

- I will change my baby's sleep association.
and I will both be sleeping. I will be patient, I will be consistent, and soon we will all be sleeping.

Follow our night time routine:

- I will create a bedtime routine that shows our routine and what to expect.
- I will write a bedtime book and read it to my baby every night before bed.
- I will have my baby fall back to sleep step-by-step.
- I will help my baby fall back to sleep.

My helper will:

- Transfer baby to me if baby and/or helper need or ask.
- Help with the night time routine.
- Help me create a consistent bedtime.
- Help me create a bedtime routine.
- Help me create a bedtime book.
- Help me help my baby fall back to sleep.
- Help me create a bedtime schedule.
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