



My Personal Sleep Plan for My Newborn Baby

- ☐ I will learn more about babies and become confident in my beliefs.
- ☐ The book(s) I will obtain and read now are: _____

- ☐ I will put Baby to sleep often in the cradle, crib, or bed.
- ☐ I'll reserve sleeping in my arms for special moments.
- ☐ I will remove my sleepy (instead of sleeping) baby from the nipple and help him go to sleep without something in his mouth.
- ☐ I will avoid creating a sucking-to-sleep association.
- ☐ I will learn the difference between sleeping sounds and waking sounds.
- ☐ I will let my sleeping baby sleep!
- ☐ I will make night sleeping different from daytime naps.
- ☐ I will keep nighttime quiet, dark, and peaceful.

Taken from *The No-Cry Sleep Solution* by Elizabeth Pantley



- ☐ I will not let my baby take too long of a daytime nap.
- ☐ The longest I will let my baby nap is: _____
- ☐ I will watch for signs of tiredness.
- ☐ I will watch for: quieting down, losing interest, looking glazed, fussing, yawning; and I will put my baby to sleep when I see these signs.
- ☐ I will make my baby's sleep environment cozy and comfortable.
- ☐ I will make myself comfortable for night feedings and be accepting of this stage of my baby's life.
- ☐ I will fill my baby's tummy before sleep.
- ☐ I will enjoy restful feeding sessions during the day.
- ☐ This is what I should be doing. Relaxing and enjoying my new baby.
- ☐ I will simplify my life.
- ☐ My baby is my priority right now.
- ☐ I will have realistic expectations.
- ☐ My new baby will develop sleep maturity over the next few months. I can be patient until then.

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My Personal Sleep Plan for My Baby (Four Months to Two Years Old)

☐ I will get myself ready.

- My baby is old enough to sleep all night without my attention. He is biologically able to sleep all night, and many babies do. It will be good for my baby and it will be good for me. I am committed to doing things tonight that will help my baby sleep better. I don't want my baby to cry, so I am willing to be patient and make changes day by day. Soon we will both be sleeping all night long.

☐ I will get my baby ready.

- My baby is healthy.
- My baby is eating well during the day.
- My baby's sleeping place is inviting and comfortable.
- ☐ I will follow a bedtime routine.
- This is our nightly routine:

Approximate time	Activity

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☐ I will establish an early bedtime.

• My baby's new bedtime is: _____

• We begin our bedtime routine at: _____

☐ I will follow a flexible yet predictable daytime routine.

- This is a rough outline of our typical day (write in your planned awake time, naps, meal times, bedtime, and anything else that helps you organize your day):

Approximate time	Activity

☐ I will make sure that my baby takes regular naps.

• Times for my baby's naps are: _____

- I will watch my baby carefully for signs of tiredness: decreased activity, quieting down, losing interest, rubbing eyes, looking glazed, fussing, yawning; and I will put my baby down for a nap at those times.

• The ways I will encourage naps are: _____

Taken from *The No-Cry Sleep Solution* by Elizabeth Pantley



☐ I will help my baby learn how to fall asleep without help:
(Idea One)

- I will spend daily quiet time letting my baby play in his bed.

☐ I will help my baby learn how to fall asleep without help:
(Idea Two)

- I will encourage my baby to fall asleep for naps in these various places and ways: _____

☐ I will introduce a lovey.

- I will keep a lovey with us when we snuggle, and when I put my baby to bed.

☐ I will make night sleeping different from daytime naps.

- I will keep our nighttime quiet, dark, and peaceful.

☐ I will develop key words as a sleep cue.

- Our key words are: _____

☐ I will use music or sound as sleep cues.

- Our nighttime music/sounds are: _____



☐ I will change my baby's sleep association.

- I'll use Pantley's Gentle Removal Plan as often as I can.

• Other things I will do: _____

☐ I will help baby fall back to sleep while continuing to co-sleep.

- I won't respond too quickly; I'll wait for true "awake sounds."

- I'll shorten the duration of my nighttime help routine (nursing, rocking, or offering a bottle or pacifier).

- I'll use the gentle removal plan as often as I can.

- I'll scoot away from Baby after he falls asleep.

- I'll try to use key words and pat or massage Baby back to sleep.

☐ I will help Baby fall back to sleep and move him to his own bed.

- These are the things we will do: _____



☐ I will have my partner help Baby fall back to sleep.

• These are the things we will do: _____

• My helper will tend to Baby when he wakes, by doing these things: _____

• My helper will transfer Baby to me if Baby and/or helper gets upset, and then I will do these things: _____

☐ I will help my baby fall back to sleep step-by-step.

• This is my plan to shorten the duration and type of my nighttime help routine in these steps:

Phase One _____

Phase Two _____

Phase Three _____



Phase Four _____

Phase Five _____

Phase Six _____

☐ I will write a bedtime book and read it to my baby every night before bed.

☐ I will create a bedtime poster that shows our routine and follow it nightly.

☐ I will be patient, I will be consistent, and soon we will all be sleeping.

• I *will* have sleep success if I am persistent, consistent, and patient. I need to just relax, follow my plan, and do a log every ten days. After I do each log, I will analyze my success and make any revisions to my plan. Soon my baby and I will both be sleeping.