



*the*  
**BABY SLEEP**  
**Solution**

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YOUR GENTLE GUIDE TO  
TEACHING HEALTHY SLEEP  
HABITS THAT LAST

THE BABY SLEEP CLUB

# WELCOME!

**Welcome to your baby sleep guide!** I'm here to help you navigate the sometimes tricky world of infant and toddler sleep with ease and confidence. Whether you're a first-time parent or have been through this before, I understand how important sleep is for both you and your baby. This guide is designed to give you the knowledge and tools you need to create healthy sleep habits for your little one.

In the following chapters, you will find helpful information about what to expect with your baby's sleep at different ages. We'll talk about common sleep challenges like sleep regressions and night wakings, and offer practical tips for handling them. You'll find advice on creating effective nap routines and bedtime rituals, and explore various sleep training methods so you can choose the one that feels right for your family.

My goal is to support you with practical strategies and a solid understanding of baby sleep. With a bit of consistency, patience, and the right approach, you can help your baby develop healthy sleep habits. This will not only benefit your baby's well-being but also bring more peace and rest to your household. I'm here with you every step of the way!

*Roxanne*



# ABOUT ME

Hi, I'm Roxanne, mom to Bryan and Savanna, and the creator of The Baby Sleep Solution. Like many parents, I once faced the crushing exhaustion of sleepless nights, trying every trick without success.

My turning point came when I discovered how simple routines and gentle methods could transform sleep. I began studying baby sleep research, testing strategies, and helping other moms apply them with real results.

## WHY I CREATED THIS GUIDE

I created The Baby Sleep Solution because I know how exhausting it feels to love your baby deeply but still dread bedtime. When Bryan was born, I spent months trying everything to help him sleep. Nothing worked until I discovered how small, consistent changes could make a big difference.

Once I saw how powerful gentle routines were, I felt called to share them. I began studying baby sleep science and helping other moms find the same peace and rest I had found.

This guide blends real experience with proven methods to help families move from chaos to calm. My goal is simple: to help you and your baby rest better, feel confident, and enjoy this season again.

*Roxanne*



[baby.sleep.club](https://www.instagram.com/baby.sleep.club)



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“

“THERE ARE PLACES IN  
THE HEART YOU DON'T  
EVEN KNOW EXIST  
UNTIL YOU LOVE A  
CHILD.

”

- ANNE LAMOTT



CHAPTER

# 01

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## **BABY SLEEP OVERVIEW**

THE IMPORTANT THINGS YOU NEED TO  
KNOW ABOUT HOW BABIES SLEEP

# HOW BABIES SLEEP

Before we explore how to help your baby sleep better, it's important to understand how babies actually sleep. Knowing what's normal removes much of the stress and confusion many parents feel in the early months.

Baby sleep is very different from adult sleep. Babies move through sleep cycles more quickly, spend more time in lighter stages, and wake often for feeding and comfort. These wakings are completely normal and part of healthy development.

As your baby grows, sleep becomes more organized. Newborns nap in short bursts day and night, but around 4 months you'll start to see longer nighttime stretches and more predictable naps. Over time, naps become fewer but longer, and nighttime sleep more consistent.

Understanding these changes helps you respond with patience and confidence. When you know what's normal, you can guide your baby gently toward better, more restful sleep for both of you.



## NEWBORN SLEEP CYCLES

You may not know that newborn sleep cycles differ significantly from those of older babies! Newborns (0-3 months) have shorter sleep cycles, typically lasting about 45-60 minutes, and they spend more time in the lighter stages of sleep, such as REM (rapid eye movement) sleep, which is crucial for brain development. They also wake frequently throughout the day and night, often needing to feed every 2-3 hours.

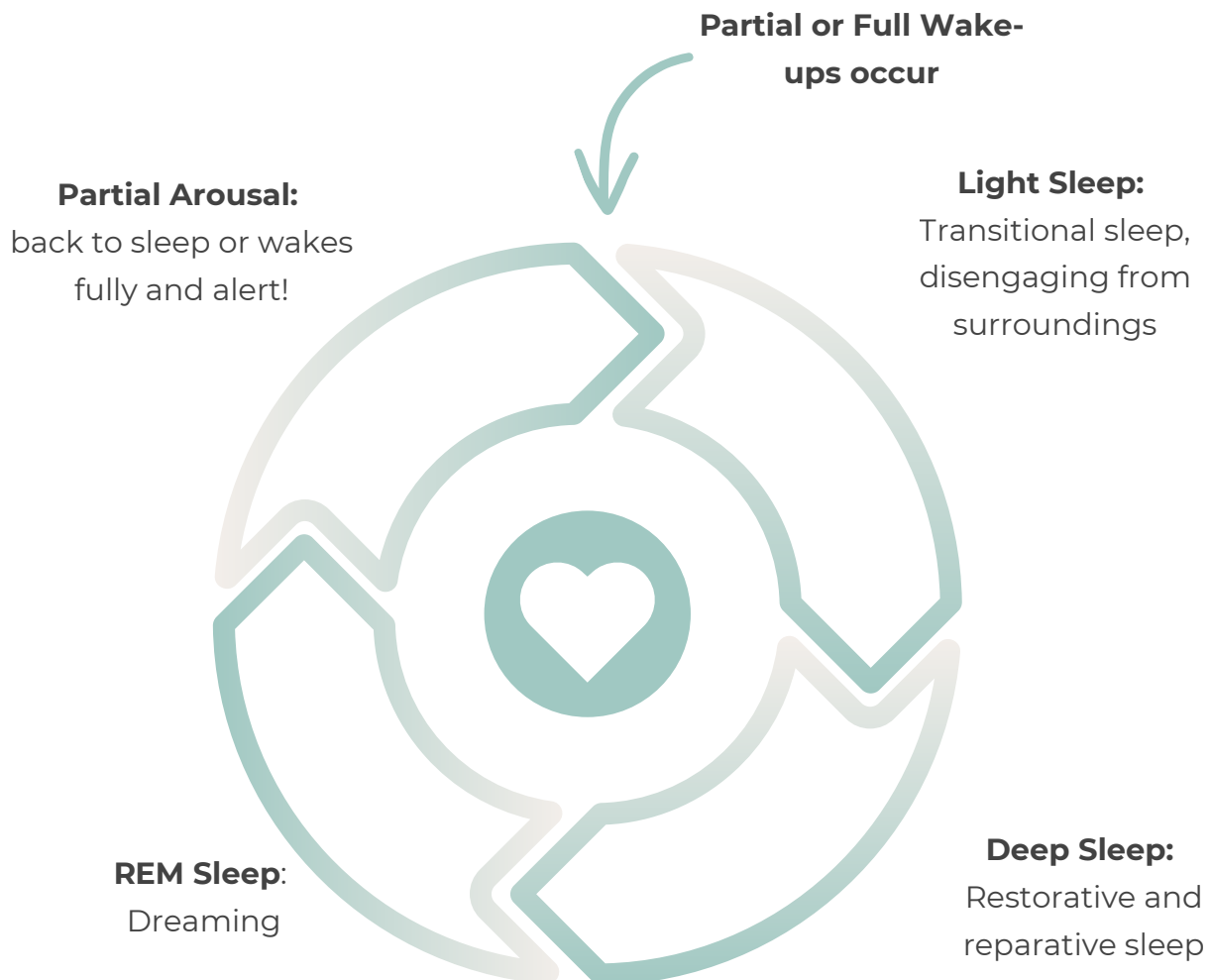
This is completely normal. Their body clock is still developing, so they don't yet know the difference between day and night. As their brain matures, sleep cycles lengthen and connect, leading to longer, deeper stretches of rest.

# BABY SLEEP CYCLES

## AS BABIES GROW OLDER (4 MONTHS AND BEYOND)...

...their sleep cycles start to lengthen, resembling more adult patterns. By around 4 months, babies experience sleep cycles of about 60-90 minutes, with longer periods of deep, non-REM sleep. This transition allows for longer stretches of continuous sleep at night and more defined nap patterns during the day.

Babies naturally wake up between sleep cycles, as they enter lighter stages of sleep. This is important for you to know, as wake-ups do not always mean that your baby needs something, it is a natural part of their sleep! It is common for babies to make noise, call out, cry and even have full wake-ups between sleep cycles. This is okay, it is important to give your baby some time to practice going back to sleep without your intervention.



# HOW MUCH SLEEP: BY AGE

AGE	AVERAGE AWAKE TIME	NAPS	TOTAL NAP TIME	TOTAL SLEEP
Newborn	45 - 60 mins	4-5	6 - 8 hours	16 - 18 hours
1 -2 months	1 hour - 1 hour 15 mins	4-5	5 - 7 hours	14 - 17 hours
3 -4 months	1 hour 15 - 1 hour 45 mins	3-4	4 - 7 hours	13- 16 hours
5 - 6 months	2 -3 hours	3	3 - 4 hours	13 - 15 hours
7 - 8 months	3 hours	2	3 - 4 hours	13 - 15 hours
9 - 10 months	3 hours	2	2 - 3 hours	12 - 15 hours
11 - 12 months	3 - 3.5 hours	2	2 - 3 hours	12 - 14 hours
12 - 15 mths	4 hours	1	1.5 - 3 hours	11 - 13 hours
15 - 18 mths	12pm nap	1	1.5 - 3 hours	11 - 12 hours





## WHY SLEEP TRAIN?

Now that you understand how babies sleep, let's talk about how we can help them do it better.

Sleep training is about helping your baby develop the essential skill of falling asleep independently and staying asleep through the night. It's not magic or a rigid, one-size-fits-all approach, it's simply teaching your baby how to sleep in the same way you might teach them to walk, eat with a spoon, or tie their shoes. It takes time, patience, and practice, but the results are transformative.

At its heart, sleep training empowers your

baby to self-soothe. Instead of relying on being rocked, fed, or held every time they wake, they learn how to fall back asleep on their own. This newfound independence creates consistency, something babies naturally crave by establishing predictable sleep patterns that make them feel safe and secure.

The benefits ripple far beyond bedtime. A well-rested baby is happier, more alert, and better equipped to grow and explore their world. And when your baby sleeps better, you sleep better, which means you can show up as the present, patient, and joyful parent you want to be. Sleep training isn't just about surviving the sleepless nights, it's about fostering healthy habits that will serve your baby for a lifetime while bringing peace and rest to your entire family.

# BREAKING SLEEP TRAINING MISCONCEPTIONS

There's a lot of confusing and often conflicting information about sleep training, which can leave parents feeling uncertain or even guilty. Let's take a moment to clear up these myths with reassuring insights from science, so you can move forward with confidence and peace of mind.

**Myth 1: "Letting your baby cry damages them emotionally."**

**Fact:** Research consistently shows that sleep training, when done thoughtfully, does not harm your baby emotionally or psychologically.

A five-year follow-up study published in *Pediatrics* found that babies who underwent sleep training were just as emotionally secure, attached, and happy as those who didn't. Another study concluded that short periods of crying during sleep training do not lead to increased stress levels in babies over time. What does this mean? A few nights of crying won't harm your baby, it's a natural part of the process.

**Myth 2: "Sleep training is selfish, it's just for the parents."**

**Fact:** Babies thrive when they are well-rested, and sleep training helps them develop the skills needed to achieve that. Studies have shown that sleep is crucial for



cognitive development, emotional regulation, and physical growth. For example, research published in the Journal of Sleep Research demonstrated that adequate sleep improves memory consolidation and learning in infants. Babies who sleep better are also less irritable, more adaptable, and better able to engage with their surroundings.

The benefits of sleep training extend beyond the baby, it positively impacts the entire family. Sleep-deprived parents often face higher levels of stress, mood swings, and even postpartum depression. A study in BMC Pregnancy and Childbirth found that mothers who implemented sleep training reported significant improvements in mood and overall well-being. Rested parents are more patient, present, and equipped to handle the challenges of parenting.

**Myth 3: “Babies will figure out sleep on their own eventually.”**

Fact: Sleep training teaches babies to self-soothe, a lifelong skill. Research shows that babies who learn to calm themselves sleep longer, wake less often, and build emotional resilience.

By creating a calm sleep environment, using consistent routines, and guiding gentle self-soothing, you help your baby feel safe and confident. This is not only about surviving sleepless nights. It is about building healthy habits that support growth, independence, and well-being for years to come.



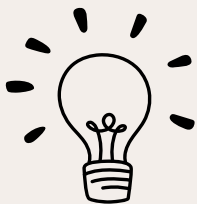
# UNDERSTANDING CRYING

Parents often say one of the hardest parts of teaching a baby to sleep better is handling the crying. The truth is that we cannot prevent crying completely. It is your baby's way of expressing frustration with change. What we can do is respond with love and care, showing them they are safe and supported.

Think of it like bath time, a nappy change, or the car seat. Babies often protest at first, but with consistency they learn the routine is okay. Sleep works the same way. With gentle reassurance, they begin to see that this new normal brings calm and rest for everyone.

For babies under 4 months, this means short practice in the crib while you stay close. For babies over 4 months, some crying in the first days is normal, but it is always time-limited and never for hours on end.

The key is consistency, patience, and comfort. Your baby will feel your presence and, in time, discover that sleep is safe.



**Top Tip:** *Try to stay calm and consistent. Babies cry because they are adjusting to change, not because they are harmed. Reassure with a calm voice and gentle touch so they know they are safe while learning to sleep on their own.*

# WHEN CAN YOU START SLEEP TRAINING?

Before starting sleep training, it's always best to consult your doctor or pediatrician to make sure your baby is ready. Sleep training works best when your baby is developmentally prepared, making the process smoother and more effective.

Make sure your baby meets these four key criteria:

1

**Age** Most experts recommend starting around 4 to 6 months, when babies are ready to self-soothe and can sleep longer without night feeds.

2

**Healthy Growth** Your baby should weigh at least 5.5 kg or about 12 to 15 lbs. This usually means they can go longer without feeding at night. Always confirm with your pediatrician.

3

**Feeding Schedule** Consistent daytime feeds every 3 to 4 hours and steady weight gain reduce night waking from hunger.

4

**Physical Milestones** Babies should no longer need swaddling, especially once they roll over. Early signs like thumb sucking or brief self-settling show readiness for independent sleep.



# THE SLEEP TRAINING MINDSET

Before we move forward, take a moment to remember what this journey is really about. Sleep training is not about perfection or strict rules. It is about teaching your baby an essential skill that will serve them for years to come.

Learning how to fall asleep independently is just as important as learning to eat, crawl, or walk. Some nights will feel easier than others. There may be moments when you question yourself. But remind yourself of this truth: by guiding your baby through this process with love and consistency, you are giving them the gift of healthy sleep for life.

In the chapters ahead, you will find everything you need to prepare, practice, and succeed. Sleep training does not have to feel overwhelming or filled with tears. With a clear plan and gentle steps, it becomes a calm, empowering process for you and your baby.

You are not alone. You are building a foundation that will help your whole family rest well and thrive.



CHAPTER

# 02

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## **SLEEP ENVIRONMENT & SAFE SLEEP PRACTICES**





# SETTING THE STAGE FOR SUCCESS

Now that you understand what sleep training is and why it's such a gift for both you and your baby, it's time to dive into the practical steps to prepare. Think of this as building a strong foundation. Just like you wouldn't start constructing a house without a solid base, successful sleep training requires groundwork creating the right environment, establishing consistent routines, and ensuring your baby's needs are met.

This chapter will walk you through everything you need to know before starting sleep training, from crafting a soothing sleep space to understanding the vital role of daytime naps and feeding. By the end, you'll be ready to start the journey to better sleep with confidence.

## **Adaptability vs Sensitivity**

Some babies fall asleep easily anywhere, while others need a calm, predictable routine. Knowing your baby's temperament helps you choose the right approach.

## **Guidelines, Not Rules**

Routines are helpful guides, not strict rules. Aim for consistent nap and bedtime windows, but small shifts for hunger, growth, or milestones are normal.

# SLEEP ENVIRONMENT

A good sleep environment was one of the most impactful changes I made as Bryan's mom. While it wasn't the only factor that improved his sleep, it was the adjustment that caused the most immediate and noticeable shift. Once I made changes in his environment, he started falling asleep faster and staying asleep longer, showing me how powerful a calming and consistent sleep space can be in setting the stage for restful nights.



## DARK

Cover the windows with blackout blinds. You want baby's room to be very, very dark.



## WHITE NOISE

Use a sound machine to help block out noises from the house or outside that may disturb sleep.



## TEMPERATURE

The recommended temperature for baby's room is between 68°F and 72°F (20°C to 22°C).



## BASSINET OR CRIB/COT

Whether your baby goes down awake or fully asleep, the bassinet or crib is the safest place to sleep.



## LIMIT DISTRACTIONS

Remove any distractions like mobiles, flashing lights, etc.



## SLEEPWEAR

Now that your baby is 4 months+, you can dress them in a sleep sack to keep them warm and cozy all night.

# ABC'S OF SAFE SLEEP

The ABC's of safe sleep for babies are guidelines recommended by pediatricians and health organizations to reduce the risk of sudden infant death syndrome (SIDS) and other sleep-related causes of infant mortality. Here's what each letter stands for:



## ALONE

Babies should always sleep alone, without any other people, pets, or objects in the sleep area. Sharing a sleep surface with adults or siblings increases the risk of accidental suffocation, entrapment, or overlying, so it's safest for babies to sleep in their own crib or bassinet.



## BACK

Babies should always be placed on their back to sleep, both for naps and at nighttime. The back sleep position is the safest for reducing the risk of SIDS, as it allows for optimal airflow and helps prevent airway obstruction.



## CRIB

Use a crib, bassinet, or play yard that meets current safety standards. The sleep surface should be firm, flat, and free of soft bedding, pillows, stuffed animals, crib bumpers, etc. Avoid letting baby sleep on the couch, armchair, swing or bouncer.

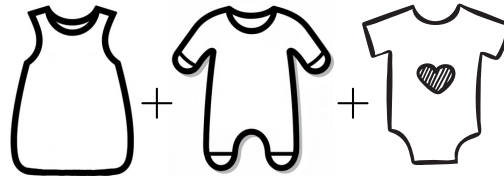
# HOW TO DRESS BABY FOR SLEEP

under 63°F  
under 17°C



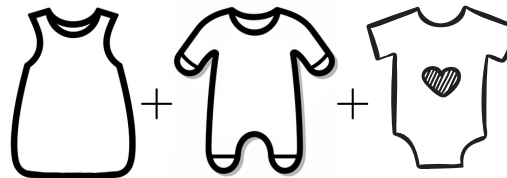
2.5 TOG

64 - 68°F  
18 - 19°C



2.5 TOG

69 - 70°F  
20 - 21°C



1.0 TOG

71 - 74°F  
22 - 23°C



1.0 TOG

75 - 77°F  
24 - 25°C



0.5. TOG

78°F +  
26°C +



For guidance purposes only. Use your best judgement to dress your child comfortably to prevent overheating.

A photograph of a family in a bedroom. A man with a beard is smiling and holding a baby on his shoulders. A woman in a pink shirt is standing next to him, also smiling. The background shows a white headboard.

CHAPTER

# 03






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**UNDERSTANDING  
BABY SLEEP CUES &  
WAKE WINDOWS**

# SLEEP CUES






Recognizing sleep cues can help you put your baby to sleep before they become overtired, making it easier for them to settle down. Babies often show subtle signs before they reach the “I’m done” stage, and catching these early makes all the difference. Watch for changes in mood, movement, and focus these are your baby’s way of saying they’re ready to rest. Here are common sleep cues at various ages between 4 months and 18 months:

## 4-6 MONTHS

-  YAWNING
-  RUBBING EYES
-  FUSSINESS OR IRRITABILITY
-  DECREASED ACTIVITY
-  STARING INTO SPACE



## 7-12 MONTHS

-  PULLING AT EARS OR HAIR
-  RUBBING EYES AND FACE
-  BECOMING MORE CLINGY
-  CRYING OR FUSSING EASILY
-  LOSS OF INTEREST IN PLAY

# SLEEP CUES CONT.

## 13-18 MONTHS



RUBBING EYES OR NOSE



DEMANDING A COMFORT ITEM



CLUMSINESS



HYPERACTIVE OR OVERLY ENERGETIC



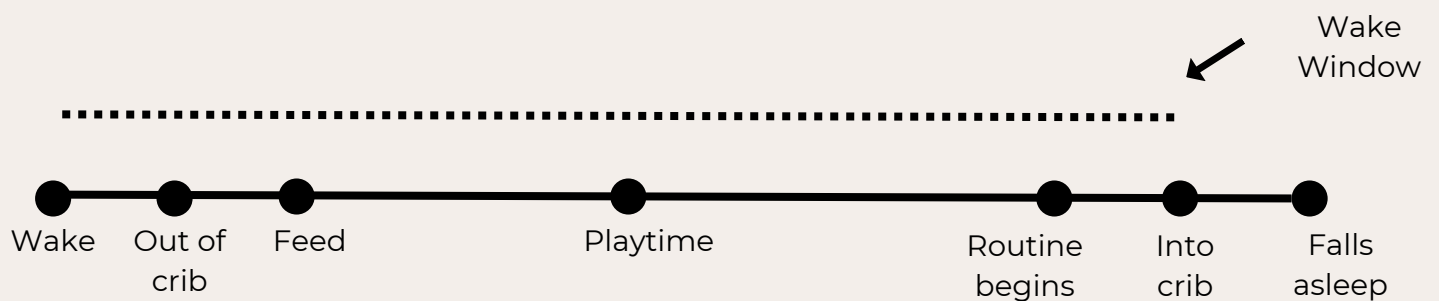
Balancing sleep cues and wake windows is essential for establishing a healthy sleep routine for your baby. Sleep cues are the signs your baby gives when they are getting tired, such as rubbing their eyes, yawning, or becoming fussy, while wake windows are the optimal periods of wakefulness between naps or bedtime. By observing your baby's sleep cues and understanding their appropriate wake windows for their age, you can better time their naps and bedtime to prevent overtiredness.

For example, younger babies (4-6 months) may have shorter wake windows of 1.5-2.5 hours, while older babies (12-18 months) can handle wake windows of 3-4 hours. Striking the right balance involves paying close attention to your baby's signals and adjusting their sleep schedule to ensure they are put down to sleep when they are tired but not overtired. This approach helps in making sleep transitions smoother and promotes more restful sleep.

# WAKE WINDOWS

Wake windows are the amount of time your baby is awake before their next sleep. You start timing when your baby wakes up and stop when you lay them back down in their crib or bassinet. This period includes everything they do while awake, such as feeding, playtime, outdoor time, singing, reading, and the bedtime routine.

Wake windows are essential for sleep training because they help you find the right timing for sleep. When your baby goes to bed at the right moment, they settle more easily, sleep longer, and wake up happier.



Earlier in Chapter 2, I provided a chart with recommended wake windows. Use these wake times as a guide, and then watch for a clustering of tired cues within the window - this will help you identify what your child's wake time should be.

What do I mean by clustering? If your baby yawns or rubs their eyes once or twice, don't panic, keep going! However, if your baby is showing several tired signs repeatedly, then it is time for a sleep! The idea is to balance tired cues AND ideal wake windows, to guide your child's schedule during the day.

# 04.

## FEEDING & SLEEP AT THE BABY STAGE



# FEEDING & SLEEPING

Hunger is one of the most common reasons babies wake up at night, but it's also something you can proactively address. In our method, we've noticed that having regular intervals of 3–4 hours between daytime feedings can make a big difference in the quality of sleep your baby gets at night. By ensuring your baby is well-fed during the day, you're removing one of the biggest barriers to restful sleep and setting the stage for longer, uninterrupted nights and it works.

## **The Key: Focus on Daytime Feeding**

the cornerstone of our method is ensuring your baby gets enough calories during the day. This means structuring feedings at regular intervals, typically every 3–4 hours during the day. These longer intervals help ensure your baby is hungry enough to take full feedings, reducing the likelihood of “snacking” and improving their overall calorie intake. For breastfeeding moms, this also means being mindful of not letting your baby nurse for comfort or use the breast as a pacifier, which can lead to smaller, less satisfying feeds.

For bottle-fed babies, parents often have more control over the quantity consumed at each feeding, making it easier to track how much the baby is eating. With breastfeeding, you may need to pay closer attention to your baby's feeding patterns and satisfaction cues to ensure they're getting enough milk at each session.

## **Dream Feeds: A Powerful Addition**

Adding a dream feed can be a game-changer for many parents. This involves gently offering a bottle or nursing session around 10–11 p.m. while your baby is still mostly asleep. The extra calories from this feed help “top off” their tank, extending their nighttime sleep and giving you the chance to rest longer, too.

## **How to Know Your Baby Is Well-Fed**

To make sure your baby's nutritional needs are being met:





- **Track Growth:** Regular pediatric check-ups will confirm they're gaining weight appropriately.
- **Diaper Output:** Look for an adequate number of wet and dirty diapers each day.
- **Contentment After Feeds:** A well-fed baby will seem satisfied, often with longer stretches between meals.

# HUNGER CUES

By learning to recognize early hunger cues, you can respond before your baby becomes overtired or upset. This not only helps them settle more easily but also supports better feeding and more restful sleep.








## 4 - 6 MONTHS

-  RUBBING EYES OR NOSE
-  ROOTING REFLEX
-  RESTLESSNESS
-  INCREASED ACTIVITY  
(ALERT, ACTIVE)





# HUNGER CUES CONT.



## 6-12 MONTHS

-  REACHING FOR FOOD
-  MAKING SMACKING SOUNDS
-  OPENING MOUTH
-  SEEKING BOTTLE OR BREAST
-  VOCALIZING

## 13-18 MONTHS

-  VERBAL CUES
-  BRINGING FOOD TO MOUTH
-  POINTING OR GESTURING
-  PATTING STOMACH

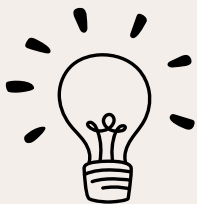


# EAT-PLAY-SLEEP

The "Eat Play Sleep" routine is a simple way to structure your baby's day around feeding, activity, and rest. After your baby wakes, feed them, enjoy some active playtime, then help them wind down for sleep.

This sequence separates feeding from sleep, leading to stronger feeds and clearer sleep cues. It also creates a calm, predictable rhythm that supports better naps and longer nighttime sleep. Babies thrive on consistency, and over time they learn to associate each part of the routine with comfort and security.

When followed regularly, the Eat Play Sleep pattern lays the foundation for healthy sleep habits and smoother, more peaceful days.



**Top Tip:** When you introduce solids, offer them approximately 1 hour after their feed upon waking. This will give them enough time to be ready to experiment with solids, without being overly full from their breast or bottle feed, yet not starving and fussy!

# REDUCING NIGHT FEEDS

Many babies are ready to drop their night feeds between the ages of 4-6 months. However, this depends on their weight, caloric intake during the day, developmental readiness, and introduction of solid foods. When you and your doctor feel your baby is ready to make changes to night feeds, here are some options to consider. Always consult with your doctor before making big changes to your baby's feeding routine.



## OPTION 1 - GRADUAL REDUCTION

- Gradually decrease the amount of milk offered during night feeds over several nights. For breastfed babies, this can be done by reducing the time spent nursing. For bottle-fed babies, you can reduce the amount of milk in the bottle.
- For example, if the baby usually drinks 4 ounces, reduce it to 3 ounces for a few nights, then 2 ounces, and so on.



## OPTION 2 - FOCUS ON STRONG DAYTIME FEEDING

- Focus on ensuring your baby is getting enough to eat during the day.
- By feeding upon waking, rather than directly before sleep, your baby will be less likely to take snack feeds while nodding off.
- Offer more frequent feeds during daytime hours to help meet their nutritional needs.
- The goal is to increase their intake during the day to prevent hungry night wakes.

# REDUCING NIGHT FEEDS CONT.



## OPTION 3 - DREAM FEED

- Introduce a dream feed, which involves feeding the baby late in the evening, just before you go to bed, without fully waking them up. This can help extend their sleep period and reduce the need for feeding during the night.
- Picking up your baby while they are still asleep or drowsy and giving them a feed, in low light, then put them back to their crib still drowsy or asleep.



## OPTION 4 - COLD TURKEY & COMFORT

- If your baby is mostly snacking at night, it may be time to cut the night feeds entirely!
- If so, when they wake up at night, try offering comfort and support without putting them back to sleep or offering a feeding.
- This helps remove the connection baby has between feeding during the night.

Reducing night feeds for babies is a significant step towards establishing restful nights for both your baby and you. By implementing gradual changes and paying close attention to your baby's cues, you can gently guide them towards sleeping through the night.



CHAPTER

# 05

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## **COMMON BABY SLEEP CHALLENGES**

SHORT INTRO/DESCRIPTION OF WHAT  
CHALLENGES ARE COMMON BETWEEN  
4-18 MTHS.

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# SLEEP REGRESSIONS

## HAVE YOUR BABY'S SLEEP PATTERNS CHANGED?

This may be due to a sleep regression! These are temporary periods when a baby's sleep patterns become disrupted, often due to developmental milestones or changes in their routine.

Sleep regressions commonly occur at specific ages during a baby's first year, including around 4 months, 8-10 months, 12 months and 18 months.

Typical signs include short naps, increased night waking and difficulty settling to sleep.

- Stay Consistent – Keep your routine and method the same.
- Protect Naps – Stick to regular naps to prevent overtiredness, which makes nights harder.
- Offer Comfort – Give extra reassurance, but avoid starting habits like rocking or feeding to sleep again.
- Be Patient – Regressions usually pass within 2–4 weeks. Stay calm, this phase won't last.



**Top Tip:** *Stick to established bedtime and naptime routines as much as possible, even if your baby's sleep patterns are disrupted. Consistency can help provide a sense of security and predictability for your baby during times of change, making it easier for them to navigate through the regression.*

# NAP CHALLENGES

## SHORT NAPS

You just sit down on the couch to enjoy a hot cup of coffee... and then your baby wakes up from their nap! Why does this happen?

Short naps can happen for several reasons, including:

- 1 **Overtired:** Babies who are overtired may have trouble settling into a deep sleep, leading to shorter naps.
- 2 **Developmental Milestones:** During periods of rapid development, such as learning to roll over or sit up, babies may have difficulty staying asleep for longer periods.
- 3 **Sleep Environment:** Factors such as noise, light, or an uncomfortable sleep surface can disrupt a baby's ability to stay asleep.
- 4 **Hunger:** Babies who are hungry may wake up sooner from naps.

Sometimes, even small changes make a big difference. A darker room, steady white noise, or a slightly longer wake window before the nap can help your baby connect sleep cycles and rest longer. Remember, short naps are usually a phase, not a problem. With consistency and the right environment, most babies learn to take longer, more restorative naps over time.





## EARLY MORNINGS

How early is too early? In my opinion, a baby who wakes up well-rested anytime after 6am is doing great! However, if you are in the 4:30-5:30am window, that warrants a very large cup of coffee!

There are several reasons why early mornings occur:

### LIGHTER STAGE OF SLEEP

Towards the end of the night's sleep, there is less sleep pressure and melatonin. This means it is common for a child to go in and out of a lighter stage of sleep.

### HUNGER

If your baby has gone for a long stretch of night sleep, they may wake up hungry. Focus on a full feed during bedtime routine to help mitigate this.

### EXPOSURE TO LIGHT

Early morning light can stimulate a baby to wake up, so be sure to make baby's room very, very dark (especially during the summer months).

### SLEEP ASSOCIATIONS

Babies who rely on specific conditions to fall asleep (like being rocked or fed) might wake up when those conditions change. If they fall asleep in your arms and wake up in a crib, for example, they might wake up fully and cry out.

### OVERTIRED

As odd as this sounds, if your baby is overtired, it can lead to early morning waking. An overtired baby will have trouble staying asleep and wake up earlier than usual.

# SEPARATION ANXIETY

Separation anxiety is a normal part of your baby's development, when they become nervous or upset when they don't see you. Don't worry! This is an indication that your child has formed a healthy attachment with you. It generally begins around 6-9 months when your baby starts to recognize that people and objects exist even when they are not in sight (object permanence). As your baby becomes more mobile with crawling and cruising, it is common for their new independence to feel unsettling. Separation anxiety can peak again at 14-18 months. Here are my recommendations on how to manage this stage with your little one, especially when it comes to sleep:

- Implement strong nap and bedtime routines. This consistent ritual right before sleep can help your baby feel more secure and understand that even though there is separation, you will return.
- Don't sneak away at sleep time! When your little one wakes up and you're gone, it could reinforce their concern about your absence.
- After the age of 1 year old, you can consider introducing a comfort object (like a stuffed animal or a special security blanket). They provide a sense of security and remind your child of you even when you're not there.

# TEETHING

When your baby isn't sleeping well, it is easy to think teething is the culprit. However, this is not usually the case AND your child is going to keep popping teeth for the next few years!

It is best to remain consistent, and remember that discomfort usually only occurs when the tooth is just breaking through the gums. Offer a teething ring during the day, and your medication of choice (if desired - your choice) at bedtime. Most well-rested children can handle teething much better than an overtired one!



**"MOTHERHOOD IS A LOVE THAT SLEEPS LITTLE AND SACRIFICES MUCH, BUT GAINS MORE THAN WORDS CAN EXPRESS."**

CHAPTER  
**06**

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**STRONG BABY ROUTINES**

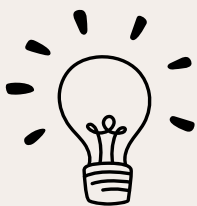
SHORT INTRO/DESCRIPTION  
OF WHAT IS COVERED IN THIS  
SECTION.

# STRONG ROUTINES

A consistent bedtime routine is like a gentle nudge toward sleep. It creates predictability, helping your baby transition from the day's activities to a restful night.

Babies thrive on repetition. Following the same steps every evening helps your baby understand that bedtime is approaching, which can make the process smoother and less stressful.

A bedtime routine doesn't have to be elaborate. What matters most is consistency. On the next page you will find an example of a simple, effective routine:



**Top Tip:** Keep your bedtime routine short, calm, and consistent. Babies learn through repetition, so doing the same simple steps every night; like bath, pajamas, feed, and lullaby helps signal that sleep is coming. A routine that lasts 20 to 30 minutes is ideal for winding your baby down without overstimulating them.

# BEDTIME ROUTINE



## BATH

I recommend including bath as part of bedtime routine as the warm water and soothing routine can promote relaxation and calmness before bed. It also helps to differentiate night sleep from the shorter, day naps.



## DRESS

Once bath is done, time to get into diaper, PJs and SLEEP SACK! This is a great time to introduce lotion and a baby massage. You can do this part in either the bathroom or your child's room.



## FEED

Time to fill up the tank before a good night's sleep. Be sure to keep baby wide awake during this feed. Talk, tickle, burp, switch breasts, etc. Why? So that you can disassociate feeding with sleeping.



## STORIES & SONG

This last step is important - don't skip it! Read 1-2 books - it's a great habit to start for early literacy. Plus, it breaks up the last bedtime feed with going into their crib, encouraging strong sleep habits.





CHAPTER

# 07

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## **TEACHING YOUR BABY TO SLEEP THROUGH THE NIGHT**

GENTLE STEPS TO BUILD YOUR BABY'S  
CONFIDENCE AT BEDTIME

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# BABY SLEEP TRAINING

As parents, we understand the importance of sleep not only for your baby's well-being but also for your own sanity and peace of mind. This chapter is designed to provide you with an overview of various sleep training techniques, as well as a more in-depth review of the method I recommend for this age and stage. I will also teach you about sleep associations and why independent sleep habits are essential for long-term sleep success.

## SLEEP ASSOCIATIONS: WHAT ARE THEY?

### AND WHAT DO WE NEED TO DO ABOUT THEM?

Sleep associations, in the context of sleep training, refer to the habits or objects that a baby associates with falling asleep.

For example, if a baby consistently falls asleep with the help of a pacifier, gentle rocking, or being fed, they may develop a reliance on these external factors to initiate sleep. While these associations can be comforting, they may lead to challenges when the baby wakes up during the night, as they might struggle to return to sleep without those specific conditions being repeated.



During sleep training, parents teach their child how to fall asleep independently without relying on adult intervention, so baby can find their own way to settle to and back to sleep when they wakes at night (or from a short nap). Once your baby has practiced and become comfortable with independent sleep, you will both be able to navigate schedule changes, nap transitions, illness, developmental changes, etc. much easier as the foundation for strong sleep habits is well-established.

On the following pages, you will find an overview of the most common sleep training methods for babies ages 4 months to 18 months of age.

## FERBER METHOD



"The Ferber Method (also known as Graduated Extinction) involves putting your baby to bed while they are still awake and gradually increasing the time between check-ins if they cry (e.g., 3 minutes, then 5 minutes, then 10 minutes, etc.).

During check-ins, parents offer brief comfort without picking the baby up. The idea is to teach your baby to self-soothe and fall asleep independently without prolonged crying. While it can be difficult to hear your baby cry, many parents find that the intervals between check-ins help reassure their baby while still promoting self-settling skills.

## CHAIR METHOD



In this approach, parents sit in a chair next to the baby's crib as they fall asleep, gradually moving the chair farther away each night until they are out of the room.

This method provides comfort and reassurance to the baby while gradually teaching them to fall asleep on their own without needing parental presence.

This method offers a comforting presence while gently encouraging the baby to learn to fall asleep independently. It requires patience and consistency but can be effective for parents who prefer a less abrupt approach.

## PICK UP, PUT DOWN



With this technique, parents pick up the baby to comfort them when they cry but put them back in the crib while they are still awake. This process is repeated until the baby falls asleep.

This method helps reassure the baby while still encouraging them to learn to fall asleep on their own. While it can be labor-intensive for parents to repeatedly pick up and put down the baby, parents appreciate that they can be responsive to their baby's needs while promoting self-soothing skills.

Note: this method is more effective with babies under 6 months of age. After that age the regular interaction can be too stimulating for many babies.

## NO TEARS METHOD



This gentle approach focuses on minimizing crying and stress by using techniques such as soothing, rocking, or feeding to help your baby fall asleep. Parents then gradually reduce these interventions over time.

For example, instead of feeding to sleep at each night wake, you would rock your baby to sleep instead. There may be some initial resistance to the change, but stick with it and gradually pull back and use less and less intervention.

This process can take weeks, so if this is your choice, stay the course!

# THE LIMITED CRYING METHOD

There are many ways to approach sleep training, and every baby — and every family — is unique. What matters most is choosing a method that feels right for you. The one we love and recommend at the Baby Sleep Club is the Limited Crying Method. It's gentle, clear, and designed to help your baby learn to sleep independently while still feeling safe, loved, and supported. Many families see progress within 3 to 5 days, but every baby moves at their own pace. Stay consistent and give it time, most parents notice lasting results within about two weeks.

This approach takes what works from well-known methods like the Ferber Method but adds a softer touch. Instead of long stretches of waiting or creating distance, you'll use short, timed intervals with frequent reassurance. You'll stay involved, checking in with calm words or a gentle touch so your baby knows you're close while learning to self-soothe.

This balance makes it easier for you to stay calm and consistent, and it helps your baby build the skill of sleeping on their own without long periods of crying. Most parents find that progress happens faster, nights get calmer, and everyone feels more confident.





## LET'S GET STARTED!

Now that your baby has a consistent routine, a (somewhat) predictable feeding schedule, and a comfortable sleep environment, you're ready to begin sleep training. The best time to start is at bedtime, when your baby's natural sleep pressure is highest. This makes it easier for them to settle and learn this new skill.

Before you begin, make sure your baby is healthy, comfortable, and well-fed, and that the room is calm, dark, and quiet. Expect the first few nights to be the hardest, as your baby adjusts to a new way of falling asleep. Stay calm, follow your plan, and remind yourself that this stage is temporary.

If your baby becomes very upset, it is fine to comfort them briefly, then lay them back down before they fall asleep in your arms. This reassures them while giving them the chance to practice self-soothing. If possible, share the load with your partner so you both get rest and support each other through the process.

Once nighttime sleep feels steady, you can begin using the same approach for naps, with slightly shorter check-ins during the day. Remember, this is about gentle progress, not perfection. You are helping your baby build a skill that will support healthy sleep and a happier, more peaceful home for years to come.

Now, let's look at how the Limited Crying Method works, step by step.

# THE LIMITED CRYING METHOD



1

## **Step 1: Establish a Consistent Bedtime Routine**

Set a bedtime that works with your baby's natural rhythms, usually between 6:30 p.m. and 8:00 p.m.. Follow your consistent bedtime routine (such as bath, pajamas, story, and lullaby) to signal that it's time to sleep. A predictable routine helps your baby transition from daytime to nighttime smoothly.

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2

## **Step 2: Place Your Baby in the Crib Awake**

After completing the bedtime routine, place your baby in their crib while they are awake but drowsy. This step is key to teaching them how to fall asleep on their own. If they are used to being rocked or fed to sleep, this might be a new experience, so be patient as they adjust.

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3

## **Step 3: Allow Brief Crying Before Intervening**

If your baby starts crying after being placed in the crib, wait for a short interval—typically 3–5 minutes—before going in to check on them. Use a timer to keep track if needed. This short wait allows your baby the opportunity to self-soothe without feeling abandoned.

# THE LIMITED CRYING METHOD

4

## **Step 4: Reassure Without Picking Up**

If your baby is still crying after being put down and the timer has run its course, it's time for a brief, calm check-in. Enter the room quietly and avoid turning on bright lights or making sudden noises. Approach your baby with a soothing presence, keeping your tone soft and gentle.

Use reassuring phrases like, "I'm here, you're safe, it's time to sleep," to let your baby know you're close. Avoid picking them up or engaging in stimulating activities like rocking or playing, as these can make it harder for your baby to transition back to sleep. Instead, you can place a gentle hand on their chest or back for a few moments to provide comfort without interrupting their process of self-soothing. Check the Comforting Baby at Night section later in this chapter.

Limit your time in the room to 1 minute, keeping your movements and voice calm. After offering this brief reassurance, leave the room and restart the timer if crying continues. These short, consistent check-ins provide your baby with the security of knowing you're nearby while helping them build the confidence to settle themselves.

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## **Step 5: Repeat the Process**









If your baby continues to cry, repeat the process:

1. Wait for another 3–5 minutes.
2. Check on them briefly, offering the same calm reassurance.
3. Gradually increase the waiting intervals by 1–2 minutes if necessary and if you feel comfortable with it. For example, wait 3 minutes the first time, 5 minutes the second, then 7 minutes. Many parents set a limit for themselves for 10 minutes maximum crying for example.

# COMFORTING BABY AT NIGHT

Night wakings are normal. The goal is to respond calmly so your baby learns to fall back asleep on their own. Try not to pick them up right away — it can make it harder for them to resettle. Comforting them while they stay in the crib shows they're safe and helps them practice self-soothing.

When your baby wakes, try these gentle ways to comfort them without picking them up:

-  **OFFER A PACIFIER:** GENTLY REINSERT THE PACIFIER TO HELP THEM SELF-SOOTHE.
-  **PAT THEIR TUMMY OR BACK:** USE A LIGHT, RHYTHMIC PAT TO PROVIDE REASSURANCE.
-  **PLACE A FIRM HAND:** REST YOUR HAND ON THEIR TUMMY OR BACK FOR GROUNDING COMFORT.
-  **SHUSH SOFTLY:** MAKE A SOOTHING “SHH” SOUND TO HELP THEM RELAX.
-  **WHISPER REASSURING WORDS:** CALMLY SAY, “IT’S OKAY, I’M HERE,” OR, “TIME TO SLEEP.”
-  **ADJUST THEIR POSITION:** GENTLY TURN THEM TO A MORE COMFORTABLE POSITION IN THE CRIB.
-  **OFFER A COMFORT ITEM:** PROVIDE A FAVORITE LOVEY, BLANKIE, OR TOY (IF AGE-APPROPRIATE).
-  **TURN ON WHITE NOISE OR CRIB MUSIC:** USE CALMING SOUNDS TO SIGNAL SLEEP TIME.



## WHAT TO EXPECT WHEN SLEEP TRAINING

In the first few nights, it's completely normal for your baby to cry or resist falling asleep in a new way. Stay calm and consistent, because this stage is usually short-lived. Within a few days, you'll start to notice small but meaningful changes: your baby cries for shorter periods, settles faster, and begins linking sleep cycles on their own. Bedtime will gradually feel calmer and more predictable.

Some nights may feel harder than others, but that doesn't mean it's not working. Progress often comes in waves. Check that your baby's wake windows, nap schedule, and bedtime routine are age-appropriate, and give the process at least one to two weeks of steady practice.

Remember, gentle sleep training does not harm your baby or affect your bond. Research shows that babies who learn to sleep with consistent, loving reassurance feel safe and secure. Your calm presence and predictable responses build trust — and before long, you'll both be enjoying more restful nights.

You've got this!



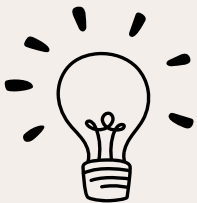
# STAYING CONSISTENT

The key to success with any sleep method is consistency. Babies learn through repetition, and when you respond the same way each night, they begin to understand what to expect. That predictability helps them feel safe and confident enough to settle on their own.

Some nights will feel easy, and others might test your patience. On those tougher nights, remind yourself why you started. You are teaching your baby a skill that will help them rest better for years to come. Small setbacks are normal, what matters most is returning to the plan.

If your baby gets sick, is teething, or you have a few off nights, that's okay. Once things settle, go back to your normal routine. Babies are adaptable, and they quickly pick up where they left off when you stay calm and consistent.

Every night of practice brings you closer to calmer evenings, longer stretches of sleep, and more energy for the moments that truly matter. Trust the process, it works.



**Top Tip:** Celebrate small wins. Every bit of progress counts. The first longer stretch of sleep or a calm bedtime is worth celebrating. By staying consistent with your routine and method, you're helping your baby build healthy sleep habits that last and giving yourself the gift of rest. Trust the process, stay patient, and celebrate each small win. A full night's sleep is closer than you think.



CHAPTER

08

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**SLEEP AT DIFFERENT  
AGES**

# SLEEP AT DIFFERENT AGES

Sleep evolves as your baby grows. Each stage of their development comes with unique challenges and opportunities. Understanding these nuances can make the process more effective and less stressful for everyone involved. This chapter will guide you through the sleep training process for different ages, highlighting the challenges, benefits, and developmental milestones that influence sleep. After 3 months of age we have chose 7 a.m. as our example start time of the day, because this works for most parents. But you can change it to an hour or even half an hour earlier or later.







## 0-3 MONTHS: BUILDING THE FOUNDATION

At this tender stage, babies are still adjusting to life outside the womb. Their sleep is fragmented, with no clear distinction between day and night. Sleep training is not appropriate yet, as babies this age need frequent feedings and comfort around the clock. However, you can start laying the groundwork for healthy sleep habits.

The biggest challenge during this phase is the unpredictability of a newborn's schedule. It can feel like just as you get one routine down, your baby's needs change again. However, this period is a golden opportunity to start gentle practices that will make sleep training easier down the line.

Begin by teaching your baby the difference between day and night. Keep daytime bright and active, while nighttime should be dark and calm. Encourage fuller feedings every 2.5–3 hours during the day to help space out nighttime wakings. During naps, try placing your baby in their crib while drowsy but awake to familiarize them with sleeping independently.

### Sample Schedule (0–3 months)

-  6:00 a.m. – Wake and feed
-  7:15 a.m. – Nap (45–90 minutes)
-  Repeat every 2.5–3 hours – wake, feed, short wake time, nap
-  6:30 p.m. – Final feed and bedtime routine
-  10:30 p.m. – Optional dream feed
-  Overnight feedings – 1–3 feeds as needed









# 3–9 MONTHS: ESTABLISHING INDEPENDENCE

Between 3 and 9 months, your baby's sleep matures, and they develop more predictable patterns. By 4 months, many babies are ready for formal sleep training, provided they meet the developmental prerequisites outlined earlier in this book.

This stage offers a prime window to teach independent sleep. Babies are becoming more aware of their environment, which can make them resistant to changes, but it also means they're ready to learn. The challenge during this phase is often navigating sleep regressions and teething discomfort. Both can temporarily disrupt progress, so patience is key.

The benefits of sleep training at this age are immense. Babies who learn to self-soothe tend to sleep longer stretches at night, allowing parents much-needed rest. Consistent routines also help regulate their internal clocks, making it easier to predict feeding and nap times.

## Sample Schedule (3–9 months):

-  7:00 a.m. – Wake and feed
-  9:00 a.m. – Morning nap (1–2 hours)
-  11:00 a.m. – Feed
-  1:00 p.m. – Midday nap (1–2 hours)
-  3:00 p.m. – Feed
-  4:30 p.m. – Short nap (30–45 minutes)
-  6:30 p.m. – Bedtime routine and final feed
-  7:00 p.m. – Bedtime

# 9–12 MONTHS: LONGER SLEEP STRETCHES

By 9 months, many babies are capable of sleeping 10–12 hours at night without waking for feeds. Their daytime sleep consolidates into two longer naps. This age is an excellent time to focus on extending nighttime sleep.

The challenge during this stage often lies in separation anxiety, a normal developmental milestone that can make sleep training feel harder. Babies might resist bedtime because they don't want to be apart from you. The key is to remain consistent while providing reassurance.

Sleep training at this age offers long-term benefits. Not only do longer sleep stretches improve your baby's mood and development, but they also provide parents with the opportunity to recharge and focus on other aspects of family life.

## Sample Schedule (9–12 months):



7:00 a.m. – Wake and breakfast



9:30 a.m. – Morning nap (1.5–2 hours)



12:00 p.m. – Lunch and feed



2:30 p.m. – Afternoon nap (1.5–2 hours)



5:00 p.m. – Dinner and play



6:30 p.m. – Bedtime routine



7:00 p.m. – Bedtime






# 12–18 MONTHS: TRANSITIONING TO ONE NAP

Between 12 and 18 months, most toddlers transition from two naps to one long mid-day nap. This shift can be tricky as some toddlers resist the change, leading to overtiredness or bedtime battles.

The challenge during this phase is balancing their increasing independence with the structure needed for healthy sleep. Toddlers may test boundaries or experience fear of missing out (FOMO), making them more likely to resist naps or bedtime.

Despite these challenges, sleep training at this age helps reinforce consistency. A strong bedtime routine and predictable schedule make it easier to handle toddler energy and maintain their physical and emotional well-being.

## Sample Schedule (12–18 months):






-  7:00 a.m. – Wake and breakfast
-  12:00 p.m.– Lunch
-  12:30 p.m. – Nap (2–3 hours)
-  3:30 p.m. – Snack and play
- 6:30 p.m. – Dinner and bedtime routine
-  7:00 p.m. – Bedtime

# 18+ MONTHS: MAINTAINING CONSISTENCY

Once your child is 18 months or older, they've likely settled into a predictable sleep pattern with one nap per day. The primary challenge at this stage is maintaining consistency as your toddler becomes more verbal and independent. They may try to delay bedtime by asking for one more story, snack, or cuddle.

The benefit of continued sleep training at this stage is the gift of long-term healthy sleep habits. A well-rested toddler is better able to handle emotions, learn new skills, and engage with the world around them.

## Sample Schedule (18+ months):

-  7:00 a.m. – Wake and breakfast
-  12:00 p.m.– Lunch
-  12:30 p.m. – Nap (2–3 hours)
-  3:30 p.m. – Snack and play
- 6:30 p.m. – Dinner and bedtime routine
-  7:00 p.m. – Bedtime

Each stage of your baby's life presents unique sleep training challenges and opportunities. The key is to remain consistent while adapting to your baby's evolving needs. With patience and structure, you're setting the foundation for a lifetime of healthy sleep habits—for both your child and yourself.



CHAPTER

09

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**FREQUENTLY  
ASKED QUESTIONS**

# FREQUENTLY ASKED QUESTIONS

## **WHAT DO I DO WHEN MY BABY KEEPS CRYING PAST THE SET TIME LIMIT?**

If your baby continues to cry after your maximum interval, go in and calmly reassure them. Check that they're comfortable, dry, and not hungry. Then restart the process. Staying calm and consistent matters more than sticking to the clock perfectly.

## **WHAT IF MY BABY FALLS ASLEEP IN MY ARMS BEFORE I CAN PUT THEM IN THE CRIB?**

Gently place them down anyway. Over time, aim to put your baby in the crib earlier, when they're drowsy but still awake. This is how they learn to connect the crib with sleep and not just your arms.

## **WHAT DO I DO IF NAPS ARE A DISASTER BUT NIGHTS ARE GOING WELL?**

Daytime sleep can take longer to fall into place. Focus on consistent nap times, a dark room, and a shorter version of your bedtime routine. Some babies master nighttime sleep first, then naps follow naturally.

## **WHAT SHOULD I DO IF MY BABY WAKES UP HAPPY BUT TOO EARLY FROM A NAP?**

If your baby wakes after 30–45 minutes and seems content, give them a few quiet minutes to see if they'll resettle. If not, get them up, keep the next wake window shorter, and try again at the next nap.

## **CAN I STILL FEED MY BABY AT NIGHT WHILE SLEEP TRAINING?**

Yes, as long as it's intentional and not out of habit. For babies under 6 months, one or two night feeds are normal. When you feed, keep lights dim and interaction minimal, then put your baby back in the crib awake.

# FREQUENTLY ASKED QUESTIONS

## **WHAT ABOUT CO-SLEEPING – IS IT SAFE?**

The AAP recommends room-sharing, not bed-sharing for the first 6 months to reduce SIDS risk. If parents choose to co-sleep, follow “safe sleep seven” guidelines (firm mattress, no pillows, no smoking, baby on back, etc.). But note that co-sleeping often makes sleep associations harder to break later.

## **WHY DOES MY BABY WAKE UP EVERY TIME I PUT THEM DOWN?**

Because they’ve learned to fall asleep on you, not in their crib. When you transfer them, their brain notices the change in temperature, movement, and smell and that sudden difference tells their body to wake up. Babies feel safest where they fall asleep, so if they drift off in your arms but wake up somewhere new, it’s confusing for them.

To help, try putting your baby down drowsy but awake so they learn that the crib is where sleep happens. Keep the room dark, cool, and quiet, use white noise, and add a simple bedtime routine like feed, song, cuddle, crib. With a few nights of consistency, their body will start to recognize these cues and they’ll settle more easily on their own.

## **WHAT IF MY BABY WAKES DURING THE NIGHT AFTER SLEEPING WELL FOR A FEW NIGHTS?**

That’s normal, sleep isn’t linear. Use the same check-in method. Don’t restart rocking or feeding to sleep unless it’s clearly hunger-related. Consistency helps them quickly return to their longer stretches.

## **IS IT EVER TOO LATE TO START SLEEP TRAINING?**

No! The Limited Crying Method works for babies up to 18 months (and even toddlers, with tweaks). The key is consistency and adjusting wake windows to their age.

# FREQUENTLY ASKED QUESTIONS

## **WILL THIS METHOD AFFECT OUR BOND?**

No. Research shows that responsive, structured sleep training strengthens a baby's sense of security. You're not ignoring your baby, you're guiding them toward healthy sleep habits that support your relationship long term.

## **HOW CAN I STAY MOTIVATED WHEN I FEEL EXHAUSTED?**

Remember your "why." You're doing this to help your baby (and yourself) get the rest you both need to thrive. Each night, you're not just helping your baby sleep, you're teaching them a skill they'll use for a lifetime. Babies who sleep well are more alert, happier, and better able to learn and grow.


Write down small wins each night, even if it's just five extra minutes of sleep or a smoother bedtime. These little steps add up. Stay patient and consistent — the habits you're building now will support your baby's development, confidence, and well-being for years to come.

## **WHAT IF MY BABY ALWAYS NEEDS TO NURSE TO FALL ASLEEP?**

Feeding to sleep is one of the most common sleep associations, and it's completely normal in the early months. As your baby grows, though, it can cause more frequent night wakings because they rely on nursing to fall back asleep between sleep cycles.

To ease the habit, nurse earlier in the bedtime routine, then move to cuddles, a song, or a short story before putting your baby down drowsy but awake. It also helps to feed first and then change their nappy. This gently wakes them up so they can fall asleep without nursing.

With time and consistency, your baby will learn to settle and fall asleep on their own.

A close-up photograph of a person wearing a white, long-sleeved shirt, gently holding a baby. The person's hands are visible, supporting the baby. The background is softly blurred, focusing attention on the interaction. A large, semi-transparent white circle is overlaid on the center of the image, containing a quote in black, uppercase letters. The quote is flanked by large white quotation marks.

"BABIES ARE THE  
GREATEST REMINDER  
THAT EVEN THE  
SMALLEST BEINGS  
NEED THEIR REST TO  
GROW AND THRIVE."

# CONGRATS!

**YOU'VE TAKEN AN IMPORTANT STEP TOWARD UNDERSTANDING  
AND IMPROVING YOUR BABY'S SLEEP!**

I know that parenting can be challenging, especially when sleep is elusive, but the effort you put into helping your baby develop healthy sleep habits is invaluable. Not only will it benefit their growth and development, but it will also bring more peace and rest to your entire family.

Keep trusting your instincts and remember that you're not alone. Patience, consistency, and love are your best tools as you navigate this journey. You've got this, and I'm cheering you on every step of the way. Sweet dreams to you and your little one!

*Roxanne*





# BABY SLEEP CLUB



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A S M A L L N O T E

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