



INFANT SLEEP TIPS

- **Set the Sleep Environment**
Keep the room dark, cool (68-72°F), and quiet. Follow *Safe Sleep Practices* - always place baby on their back to sleep. Minimize distractions for a calm atmosphere.
- **Establish a Bedtime Routine**
Even young babies benefit from routine. Keep it short, calming and consistent - a warm bath, dim lighting, soft lullaby or story.
- **Put Baby down Drowsy but Awake**
This tip changes everything. Give your baby a chance to fall asleep on their own.
- **Allow time to Self-Soothe**
Wait a few minutes before stepping in. Babies often settle themselves with a bit of space.
- **Prioritize Daytime Sleep too**
Naps matter! Babies who get enough sleep during the day, often sleep more soundly at night.

TODDLER SLEEP TIPS

- **Avoid Screens at least 1-hour Before Bed**
This to support Melatonin production and avoid overstimulation.
- **Create a Calming Bedtime Routine**
Built a consistent routine: bath, PJ's, brush teeth, story time, and cuddles before lights out.
- **Be Consistent & Clear**
Toddlers thrive on predictability. Stick to the same steps each night so they know what to expect - and what is expected of them.
- **Set Boundaries with Support**
Be gentle but firm. Loving limits around bedtime, helps toddlers feel secure and confident.
- **Bounce Back after Disruptions**
Illness, travel, or big changes? Offer comfort and support - then return to your usual routine as soon as you can.

Why work with a Child Sleep Coach? Every child is unique - and so is your parenting style.

I offer

- **Customized**, gentle sleep plan
- **Personalized** guidance, tailored to your goals
- **One-on-One support** through tough moment
- **Real-time adjustments** as your child progresses
- **Encouragement**, confidence, and a calm path forward.
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