Pediatric Sleep Support, LLC

Sample Plan

***Please note, **this is a very broad sample sleep plan**. When I work with families' I customize everything in detail to meet their needs and we get results 😊 This is simply an outline of what a sleep plan would kind of look like.

Did you know that 30% of babies struggle with sleep? I promise you are not alone in this struggle and I am here to help you meet your sleep goals

One of the most crucial elements for teaching children to go to sleep and stay asleep is helping them develop self-soothing strategies. We all have them; some of us have to be in a certain position in order to fall asleep, some of us need the window open and socks on, some of us need to listen to music in order to fall asleep.

Whatever it is, we all have ways that we soothe ourselves into sleep. If your child depends on a "prop" to fall asleep – such as breastfeeding, bottles, pacifiers, patting, rocking, or even playing with mommy's fingers – then they will find it difficult to get back to sleep without their "prop." It is important that we teach our children these skills so they can do it them-selves and begin to sleep more peacefully.

Sleep Goals:

Here I will list out the sleep goals we are trying to reach. These are things we will have already discussed by phone and through the detailed questionnaire I will provide you.

Ideal Schedule

Here I will use the information you provide me in the questionnaire to put together an ideal schedule that will lead to improved sleep. We will discuss feeding times and put together a practical schedule that you feel comfortable with.

Sample Bedtime Routine

1. Bath 2. Put pajamas on 3. Nurse (keep him wide awake) 4. Story 5. Crib (awake)	Moving bedtime earlier will help him get the hours of sleep he needs each night. Make sure the bedtime routine is the same every night.

SLEEP PLAN COMMITMENT:

BEDTIME:

The most important thing to remember is that the consistency has to be there 100% of the time. We need to make each sleep situation the same so your child can develop a consistent strategy on his own. Then he will become familiar with how to put himself to sleep in every situation.

• Once the routine is complete, put your baby in the crib, awake. Or tuck your child in bed

• From here, I will provide you with specifics regarding one of the various methods I use that have proven to be successful. The sleep sense program has brought success to more than 57,000 families and your family will be next 😊 I will break down our plan of action by night with specifics on what to do each night. Every child is different, but it isn't uncommon to have a child sleeping through the night before the 10 days are through.

• Night 1, 2 and 3

• Night 4, 5, and 6

• Night 7, 8, 9, 10

Sample Plan

STEP TWO:

Night waking:

- Here I will give you specific details on how to handle night waking's.

- This is also where we decide what time we will consider to be morning.

STEP THREE:

Naptime:

- After the routine, the baby should be put into his crib awake, again without any other sleep prop.

- Use the same strategies as bedtime.

On average naps tend to take longer to regulate. It isn't uncommon to work as long as 4-6 weeks to meet your nap goals. Consistency is key and if that is present, goals will be met. Never loose heart.

STEP FOUR:

Short Naps:

Here I will lay out a plan on how to handle short naps and what steps you should take to get naps to lengthen. I will also provide detailed steps about what to do if a nap emergency occurs, meaning the child did not nap.

The good news is that nap length improves with time.

STEP FIVE:

I like to think of this last section as the "extra's." Here I will provide anything extra that I think you will need to be successful. I will also provide resources regarding any concerns you may express to me. ALL plans are customized based off specific information you provide me regarding your child. Sleep plans are never intended to be recycled by a client and then implemented on another child.