



Your Nighttime Routine Simplified and Sanity-Saving

1. Set the Scene

- Keep bedtime consistent—bath, book, feed, snuggles.
- Control lighting, white noise, and remove distractions.
- Stick to the same bedtime—overtired kids = bigger battles.

2. Lay Them Down Awake

- Teach them: "The crib is safe—they can fall asleep there *without* you."

3. Leave the Room (or Sit Nearby)

- Choose your method: timed check-ins (Ferber) or boring presence (Chair Method).
- Stick with the same approach every night.

4. Time Your Responses (Ferber-style)

- 1st check-in: 3 minutes
- 2nd: 5 minutes → 10 minutes thereafter
- If they quiet for 30+ seconds, restart the timer.

5. Handle Night Wakings the Same Way

- Keep it calm, dark, and brief.
- No feeding or engaging unless medically needed.

6. Track the Process (sample header to use in notebook)

What	When	Cry Duration	Wake-Ups	Notes
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- Seeing progress in writing helps your resolve.

Nap Training Basics

Because Daytime Sleep Helps Nighttime Sleep

1. Watch the Clock & Their Cues

- Follow age-based wake windows; watch for tired signs.

2. Create a Nap-Friendly Zone

- Same room/routine—crib, white noise, dim lights.

3. Lay Down Awake

- Naps are just small bedtimes—same rules apply.

4. Be Patient

- Short naps are normal at first; consistency is key.

When It Feels Like Nothing's Working

- **Immediate crying when leaving** → Normal. Adjustment takes time.
- **Great night, then rough next one?** → Expect it—regressions come & go.
- **Naps tougher than bedtime?** → True! Stick to the plan.
- **3 a.m. wake-ups?** → Keep it boring. Don't engage—they're testing.

“You don't need to be perfect—you just need to stay consistent.”

Additional Support Tools

1. Daily Sleep Log (sample header to use in notebook)

Time Nap / Night Sleep Duration Crying? Notes: Feeds / Diapers / Mood

Tip: Mark small wins—“fell asleep in 5 mins”—they matter.

Quick Reference: Wake Windows & Nap Schedule

Age	Wake Window	# of Naps	Notes
0–2 mo	45–60 mins	4–6	Naps may be very short
3–4 mo	60–90 mins	3–4	Longer nights begin
5–6 mo	1½–2½ hrs	2–3	Bedtime around 7-8 p.m.
7–9 mo	2–3 hrs	2	More predictable nap patterns
10–12 mo	3–4 hrs	1–2	Last nap may shorten if bedtime later
13–18 mo	4–5 hrs	1–2	Many kids drop to 1 nap

Watch your baby’s cues—they often trump the clock.

Final Encouragement Print this. Tape it to the fridge. Use it during rough nights.

**“My baby can learn to sleep,
and I’m strong enough to
teach them.”**