

### ✓ 1. Night Waking Response Tracker

*A specialized log just for middle-of-the-night wake-ups.*

Date	Wake-Up Time	Response (wait/check-in)	Duration	Notes

Helpful for identifying patterns and triggers. – put these headers at the top of your notebook paper

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### ✓ 2. Nap Response Reflection Worksheet

*Track nap challenges and see what works over time*

Nap #	Time Laid Down	Cried?	Asleep After	Notes (protest, fell asleep, skipped)
Nap 1				
Nap 2				
Nap 3				

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### 3. Partner Prep Sheet

*A cheat sheet for dads, partners, or caregivers to know their role.*

- What's the sleep method? \_\_\_\_\_
- Who handles which part of the night?
  - Bedtime: \_\_\_\_\_
  - Wake-up 1: \_\_\_\_\_
  - Wake-up 2: \_\_\_\_\_

Important things to know:

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- Encouraging script reminders:
  - “It’s just a phase.”
  - “We’re teaching, not punishing.”
  - “This is for their long-term well-being.”

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

Consider posting this to remind you that you are strong enough to succeed.