



Put a tick next to each of the following sleep associations you've identified after going through Module 6:

★ **Helpful sleep associations (that my child CAN replicate on their own)**

- ☐ Pacifier (child is physically able to find and replace independently, EVEN IF they are currently requesting parental assistance to do so)
- ☐ Sleep sack
- ☐ Constant white noise
- ☐ Regular bedtime ritual
- ☐ Consistent sleep space (child falls asleep where they continue to sleep for the rest of the nap and/or night)

Well done! These are things that you can continue doing if you already have them in place! If not, you can consider introducing all of these above helpful sleep associations, to encourage better sleep.

★ **Unhelpful sleep associations (that my child cannot replicate on their own)**

- ☐ Pacifier (child is physically unable to find and replace)
- ☐ Rocking / movement - this includes baby carrier, stroller, carseat, hammock swings, rockers, in parents' arms etc.
- ☐ Feeding to sleep / Sucking (feeding until asleep or just before the child goes to bed, even if they don't fall asleep while actually feeding)
- ☐ Parental presence in the room
- ☐ Falling asleep in one room but then moved to another sleep space later on

Keep these sleep associations in mind as you move onto Module 7 and 8, as your answers to question 2 above will be the main things that you will need to wean your child from during the sleep training process.