



***Below, we have left space for you to write out the rest of the sleep plan. You can write everything out in detail or have a simple list of bullet points - whatever works best for YOU! Just make sure that the sleep plan is clear to you and your partner or any other caretakers that need to participate.***

## ★ Bedtime training

*Think through the timing of the last feed, and how (in which order or together) you'll wean the sleep associations that need addressing.*

[illegible]

## The sleep training plan



### ★ Night time training (including feedings)

*Think through how you'll respond to different night wakings, including how and when you'll approach weaning any night feeds.*

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### ★ Nap training

*Think through which naps will be in bed and your plan for attending to short naps (when to start extending and how you plan to do that).*

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## The sleep training plan



### ★ Early morning wakings

*Think through how you plan to attend to possible (or ongoing) early morning wakings*

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### ★ Other considerations

*Think through any other factors (other sleep issues, developmental leaps, sleep regressions, etc) that you feel may be influencing your child's sleep, and how you'll respond.*

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## MODULE 8: Sleep training process

## The sleep training plan



*If you find it more helpful, you can also write out your plan day by day (for example: day 1-3, day 4-7, etc)*

This image shows a blank sheet of white paper with horizontal dashed lines. The lines are evenly spaced and run across the width of the page, providing a guide for handwriting practice. There are no other markings or text on the page.