Introduction

Which sleep issues is your child currently struggling with that you want to change?

- [ ] Frequent night wakings
- [ ] Catnapping
- [ ] Early morning waking
- [ ] Difficulty settling to sleep at naptime and/or bedtime/only settling with help
- [ ] Struggling to settle in the middle of the night
- [ ] Other: .....

If it's helpful, feel free to use the rest of the page/ other side of it to write more about your situation, how you're feeling about the process, what you want to achieve, or what you look forward to after sleep training.

It might not even be specific to sleep! Maybe you're looking forward to having more time with your partner in the evenings, or that you feel more relaxed and peaceful as a parent. Or maybe you're feeling nervous about something. Whatever it is, getting your thoughts on paper, knowing clearly what your end-goal is, and imagining how it will feel once you reach that point, will help you stay motivated and consistent!