

Module 1: INTRO

Lesson 3: Using this course and creating your personalized sleep plan

This course is designed for parents to create a personalized sleep plan for their child. We don't believe in cookie-cutter or one-size-fits-all solutions, which is why this course goes much deeper than most other books and courses on sleep do.

As you work through each module of this course, you will be prompted to take notes and answer questions in the accompanying worksheets. These worksheets are specifically designed to help you reflect on what you're learning and bring everything together in a simple and straightforward way,

Some tips you'll be able to implement straight away, such as optimizing the sleep environment and adjusting the day routine. However, for the best results you'll need to thoroughly go through Modules 5-8 and work on those modules' worksheets BEFORE implementing any changes to the way your child falls asleep or how you handle night wakings. Jumping in too fast, without really understanding the WHY behind the methods, or implementing them inconsistently will lead to more tears and will make the process slower and harder both for you and your child.

Make sure you have filled out all the worksheets and finished your sleep plan before you start sleep training.

We know you're dying to get started. BUT before you dive into the course content, reflect on what your goal is, so that you can keep this in mind as you are going through each module and each lesson. (And yay! You get to practice using the worksheets for the first time!)

→ **Download the workbook (or print out just the Module 1 worksheets) and complete the exercises for Module 1. Once you've finished those exercises, you're ready to move on to Module 2!!**