

SLEEP ENVIRONMENT (Module 3)

SUMMARY

As we've learned in this module, there are a lot of external factors that we can work on in your child's sleep space in order to encourage sleepy vibes. Even though they might seem like simple changes, we can promise you that optimizing the sleep environment will make the sleep training process much easier, and help minimize tears and protest.

Do keep in mind that wherever your child sleeps should be consistent. Of course, there will always be exceptions when you're out and about, but by making sure that where your child falls asleep is where they stay the whole night or the entire duration of a nap will give your little one a sense of security, and also help prevent those pesky catnaps and frequent night wake-ups.

Before you move on to Module 4 - Day Routines, go to your worksheets now and complete both the questions for **Module 3, Lesson 5 & 6 - Bed Transitions and the Module 3 - Summary** section.