



As parents we often bring our childhood responses into our parenting style. Identifying certain behaviors or emotions that “trigger” us can enable us to intentionally choose to be more calm with our own children, even in the face of their sadness, frustration or even anger. This doesn’t mean that all behavior is acceptable or that there are no boundaries, but rather that you are your child’s safe place.

★ **We encourage you to journal on the following questions so that you can be better prepared for the sleep training process:**

- ① When your child cries, what is your first response? Do you feel calm or anxious? Are you able to hold space for those emotions, and find out what’s going on, or do you feel the need to just “make the crying stop”?
- ① When you think of your family of origin, how were your tears or the tears of other siblings responded to by your parents or caregivers?
- ① How might your childhood be related to the way that you respond to your child’s tears now?
- ① Is there anything you’d like to change in the way that you respond to your little one?
- ① How do you interpret your child’s tears when they are falling asleep? Reflect on other reasons there could be for their behavior or emotions?

Example:

Current interpretation of your child’s crying is: “He must feel abandoned and scared that I left the room.”

Alternative interpretations: “He is crying because of overtiredness.” “He is tired and frustrated that he can’t fall asleep on my breast like he’s used to.” “He’s confused about the new sleeping arrangement and wants to make sure I’m still here.”

Positive affirmations to use during sleep training



Here's a list of positively affirming sentences that may be helpful for you during the sleep training process as you are dealing with your little one's frustration and crying as well as your own emotions.

★ To yourself:

- ♡ "I am doing my best as a parent and that is enough."
- ♡ "It's ok for me to prioritize my own needs alongside those of my child."
- ♡ "I am well prepared to do this."
- ♡ "We will be able to do this."
- ♡ "Change can be good and easy."
- ♡ "I am loved and loving."
- ♡ "I am safe and my child is safe."
- ♡ "Crying is a form of communication."
- ♡ "My child is allowed to have big feelings."
- ♡ "I can handle my child's big feelings."
- ♡ "I am calm and supportive."

★ To your child:

- ♡ "You are loved."
- ♡ "You are safe."
- ♡ "I am here for you."
- ♡ "I know this is hard and I am here to support you."
- ♡ "I know you can do this and I will support you."
- ♡ "We can do this together."

Take a new piece of paper and physically write out the affirmations above that speak to you the most. Put each affirmation in a place you will easily see on a regular basis. You can repeat them to yourself multiple times a day, memorize them, or speak them over yourself and your child during sleep training.