

## Preparing for sleep training



***How do you plan to prepare yourself and your family for sleep training? Look through the different ways to prepare and write out which and how you plan to implement.***

### ★ Preparing with your spouse/partner

- ☐ Discuss the sleep plan together
  - ☐ Discuss your individual responsibilities and contribution to this process
  - ☐ Organize external support/help if needed
  - ☐ Discuss with your spouse or partner about how you can take turns giving each other the chance to rest before and during the sleep training process
  - ☐ Other...
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### ★ Preparing your child

- ☐ Talk to your child every day about the changes that are about to take place
  - ☐ Introduce the new sleep environment
  - ☐ Do fun role plays to model the sleep training process
  - ☐ Visually track time until you start the sleep training process
  - ☐ Create a bedtime ritual poster with your child
  - ☐ Start to implement the new day routine
  - ☐ Improve the sleep environment
  - ☐ Begin loosening sleep associations as much as possible
  - ☐ Other...
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### ★ Preparing yourself

- ☐ Journal about your feelings (see also your thoughts on crying in Module 5 exercises)
- ☐ Ask for help
- ☐ Breathing / centering exercises (as below)

### BREATHING/CENTERING EXERCISES

*It's best if you do these exercises regularly, perhaps daily for 5-7 days before you start sleep training. You can do it standing up, sitting upright in a chair, lying on a bed or on a yoga mat. You can also do this while you're settling your child during sleep training (either in the room between and even during interventions, or when you are outside the room waiting to go in again.)*

*Make yourself as comfortable as you can. Loosen any clothes that restrict your breathing. If you're lying down, place your arms a little bit away from your sides, with the palms up. Let your legs be straight, or bend your knees so your feet are flat on the floor.*

*If you're sitting, place your arms on the chair arms. If you're sitting or standing, place both feet flat on the ground. Whatever position you're in, place your feet roughly hip-width apart.*

#### **Breathing exercise**

Let your breath flow as deep down into your belly as is comfortable, without forcing it. Try breathing in through your nose and out through your mouth.

Breathe in gently and regularly. Some people find it helpful to count steadily from 1 to 5. You may not be able to reach 5 at first.

Then, without pausing or holding your breath, let it flow out gently, counting from 1 to 5 again, if you find this helpful.

Notice how your belly moves out as you inhale and back in as you exhale. You may even place your hand on your belly if you have trouble taking deep breaths.

You can choose a word to focus on and vocalize during your exhale, such as "safe" or "calm".

**Keep doing this for 3 to 5 minutes.**

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### *Centering exercise*

Place your palms together in front of your chest (like a prayer or meditation) to help center yourself.

Breathe slowly in for 4-8 seconds, then slowly out for 4-8 seconds.

Feel the soles of your feet and your toes. You can wiggle your toes to help bring your focus to your feet. Try to sense how your feet connect with the ground.

Repeat the slow breaths for a few minutes.

You can also mentally scan your body and try to release tension (relax that part of your body) where you find it.

### ★ **Preparing siblings**

- ☐ Have a family meeting
- ☐ Set clear expectations with other children
- ☐ Other...

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