

Our Plan for _____

(your child's name here)

We have met with our pediatrician and have discussed our child's eating, growth, and general health. We have ruled out any potential underlying medical conditions that may be interfering with our child's sleep. Our pediatrician has given us the green light to begin sleep coaching.

After reviewing the sleep averages, we have found that our child requires on average the following amount of sleep:

Total amount of nighttime sleep: _____

Total amount of daytime sleep: _____

Number of naps: _____

After reviewing my child's eating and sleep logs over the last few days we believe his/her natural bedtime window is: _____ p.m.

We will be working toward an approximate eating and sleeping schedule as outlined below:

6:00 a.m.–7:30 a.m.

Wake-up range

Breakfast or feeding

Window of wakefulness

_____ a.m. nap

Length min. and max. _____

Lunch or feeding

Window of wakefulness

_____ p.m. nap

Window of wakefulness to bedtime_____

Snack

Optional third nap? _____

_____ p.m.

Dinner or feeding

_____ p.m.

Start bath/bedtime routine

Feeding (if age appropriate)

_____ p.m.

Lights out and in bed

OUR BEDTIME ROUTINE WILL INCLUDE THE FOLLOWING:

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

If applicable, we have created a sleep manner sticker chart with the following manners:

OUR BEDTIME PLAN:

OUR CHAIR POSITIONS WILL BE AS FOLLOWS:

OUR NIGHTTIME STRATEGY:

Will you be feeding your child during the night?

If yes, outline the feeding plan and who will be doing it.

OUR NAP PLAN:

We will be using the flexible schedule we outlined above.

We have reviewed "Nap Coaching" on page 34–35.

We will begin nap coaching the morning after our first evening of sleep coaching or _____.

Our shortened pre-nap routine will be:

- 1. _____
- 2. _____
- 3. _____

OUR BACK UP NAP PLAN IS:

OUR NAP PLAN AT HOME:

OUR DAYCARE PROVIDER HAS AGREED TO THE FOLLOWING:

We’re ready to go! We have blocked out three weeks of our schedule and are dedicating ourselves to improving our child’s sleep habits! There is sleep for all at the end of the tunnel!