



5 GO-TO REASONS

your child isn't sleeping

NOT ENOUGH NAPTIME

Skipped or short naps can cause more struggle at bedtime, as well as more nightwaking. Just getting enough naptime can really solve a lot of problems. Know how many naps your child needs, as well as how long they can stay awake. You'll be surprised what a difference this can make.

1

BEDTIME IS TOO LATE

Missing that 7pm or 7:30pm window for bedtime can mean powerful second winds that cause children to be even less ready for sleep. If they're up super early, bedtime should be earlier, not later (Crazy, right?)

2

CHILD GOES INTO BED ASLEEP OR NEARLY THERE

Whatever your child has as they fall asleep is what they will expect in order to go back to sleep. Helping them learn how to go to sleep all the way from awake sets a foundation for returning to sleep without being fed, rocked, etc.

3

SNEAKY INCONSISTENCY

Too much wiggle-room in how you respond to wakings means that your child doesn't know what to expect when they wake. Try to have a really consistent response to both bedtime and nightwakings. Once children pick up on a pattern, they can settle into a routine. (Too many changes can also mean more crying. Pick something you know you can do and do that for at least 4 or 5 days)

4

MEDICAL CONDITIONS

Silent reflux, obstructed breathing/apnea, Restless Leg Syndrome, food intolerance, eczema, oral ties are all examples of physiological conditions that can do a number on sleep. If your child's sleep is severely disrupted and other factors are on point, it could be something to investigate.

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