

# 5 SLEEP HACKS

for tired parents of non-stop children

## DON'T WAIT FOR SLEEPY SIGNALS

If you wait for these non-stop children to be sleepy, you will be waiting a long time. While some children start to look droopy when they're running out of steam, these children rev up. They can become MORE wired and then impossible to put down. Watch the clock and know how long they can stay awake for their age and try to get ahead of their Olympic size second wind.

## ALMOST RIGID CONSISTENCY

Persistence and perceptiveness combine to test the strength of limits. It's like they mentally poke at our rules—what about this? What about now? Any wiggle room opens up a window for negotiation. So, don't start anything you don't want to continue. "Just this once" is not in their vocabulary. Consistent and repetitive patterns are key. Once they can detect the pattern or routine, they will settle in.

## GRADUALLY DO LESS

Sleep training isn't magic. It's a process of shifting from *you* doing all the work to your child doing most of it. This shift can be fast and dramatic (cold turkey) or super, super slow. It's up to you how fast you want to move, but here's the trick: you **HAVE TO** move. Whatever you're doing now, do less of it every few days.

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## PICK YOUR BATTLES. . . BUT FIGHT THE ONES YOU PICK

It's okay not to take it all on at once. But if you have decided to make a change, **MAKE IT** and don't go backwards. It's the back and forth that can make kids protest even harder. Pick something you know you can do and **JUST DO THAT** as consistently as you possibly can.

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## PUSH THROUGH THE PUSHBACK

When you first do something to change the usual routine, I guarantee you they will **HATE IT**, and they won't understand why things have changed (and they can really resist change). The only way you can communicate a "new way" is through support and consistent repetition. As long as you are using an approach that's age appropriate and you can stay present and help them calm down if they need it, pushback is okay and comes with the territory.

**The way to get back on track is to know how you got off.**



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