



SLEEPY BABY
Coach

#SleepyBabyCoach BLUEPRINT

5 Proven Solutions for Your Child's Sleep

Adela

certified pediatric sleep consultant

Virtual or In-Home | Custom Support | Not A Cry-It-Out Program

Hey there!
I'm Adela

founder of
Sleepy Baby Coach



Thanks for downloading this free blueprint.

This is the **foundation** I've used for all my clients whose children now sleep like a boss.

Enjoy being a parent instead of being exhausted and overwhelmed.

KEEP SCROLLING

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by Adela Chiu, Certified Pediatric Sleep Consultant

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Step 1

early bedtime

6-8pm bedtime ensures that your child will be able to get a solid 10-12 hours of sleep during the night. (yes...that is how much sleep children should get nightly till approx. age 10).

Step 2

same bed, same place

Putting your child to bed in a consistent place and environment (temperature, brightness, sound, etc) lets them know they are safe and where sleep is expected of them.

Step 3

bedtime routine

The repetition and predictability in your bedtime routine makes it much easier for baby to make the transition from awake to asleep (like a non-verbal cue). Keep the routine 20-30 min long and the same each time.

Step 4

wide awake in crib

No more rocking, nursing, or otherwise soothing your baby to sleep. This is necessary so your baby can learn the skills necessary to stay asleep through the night.

Step 5

take a pause

When baby cries, wait a few minutes (it doesn't even need to be long) to listen to the type of sounds/cry baby is making. Give yourself a moment to interpret if those sounds require attention or just sounds they are making in their sleep. You might surprise yourself to find your baby has fallen back asleep on their own.



WANT MORE HELP?

LEARN HOW MY UNIQUE CUSTOMIZED, GENTLE AND EFFECTIVE
1-1 COACHING WORKS
BOOK A FREE 15-MINUTE PRELIMINARY SLEEP ASSESSMENT CALL

- ✓ FAST-TRACK YOUR KNOWLEDGE on ever-changing sleep to make the best decisions for your child based on proven solutions and see changes in as little as 3 days (note every child is different).
- ✓ CLEAR RESULTS BY FOLLOWING A CUSTOM PLAN that gently teaches your child to fall asleep and sleep well so that each day will flow and be more predictable.
- ✓ SUPPORTED with my 1-1 follow-up where I continue to customize your sleep plan and make steps needed to see success as your child grows.
- ✓ MASTER THE TRADE SECRETS and know how to be your baby's sleep coach with easy to follow, intentional, sustainable sleep solutions.

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