

Final Thoughts



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Remember, try to be as consistent as possible. It is crucial in helping your child sleep through the night and take good naps on his own. It is important to make the Sleep Plan a priority every day, especially in the first few weeks while he is learning the skill of sleeping on his own. It is a process that takes time, and it can also be a bit of a roller coaster ride for the first while. He may have a good night, then a not-so-good night, then a few good nights and so on. This is very normal and with time it will become more and more consistent.

Please keep a clear frame of mind and stay positive as you begin with this Sleep Plan. When followed exactly, you will reach your sleep goals, and your child will achieve amazing results. It is important to recognize that by implementing each step of the sleep plan, your baby is moving closer to mastering the skill of independent sleep!



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