

Step 4

MORNING ROUTINE



sound of sleep
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Step 4: Morning Time

Morning will not begin any earlier than 6:00 A.M. Do not bring him into your bed, as it is important for him to differentiate the evening and sleep with getting up for the day and awake time. When you do go in to start his day, you will cue his body and mind by opening the bedroom curtains, giving him a warm greeting, taking him out of his sleep sack and changing his diaper and clothes. Then you can bring him out into the kitchen or living room to have his morning feeding.



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