



**Through The Night™**  
*Sleep Consulting*



## **SAMPLE SLEEP PLAN**

For Avery Smith

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## Summary of our Initial Consultation

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## Sleep goals for Avery

1. Have Avery sleep through the night.
2. Have Avery on a consistent nap schedule.
- 3.

## Avery's Daily Schedule

*This will be completed, personalized to your exact needs.*

Daily Schedule	Comments
5:00am	
5:30am	
6:00 am	
6:30am	
7:00am	
7:30am	
8:00am	
8:30am	
9:00am	
9:30am	
10:00am	
10:30am	
11:00am	
11:30am	
Noon	
12:30pm	
1:00pm	
1:30pm	
2:00pm	
2:30pm	
3:00pm	
3:30pm	
4:00pm	
4:30pm	
5:00pm	
5:30pm	
6:00pm	
6:30pm	
7:00pm	
7:30pm	
8:00pm	



## Basic Sleep Guidelines

**Consistency and Predictability** are KEY to your baby's success...

**Eat-Play-Sleep:** Avery needs to...

**Delaying Food Gratification:** When Avery wakes from nap or in the morning...

## Hints & Tips

### Connecting with your Child

#### Cues – Signs of sleepiness

- Every child is different, and you need to learn Avery's...
- ...when babies and young children are often fussier or clingy...
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**Fulfilling Baby's Five Senses** is a great way to create...

**Self-Soothing:** Many children do not have this skill because...

### Sleep Environment

- Avery needs...
- Nighttime sleep and scheduled naps must be...
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**Transition from Bassinet to Crib:** Ideally, Avery should be out of the bassinet and into a crib...

**Swaddles...**

**Swaddle Weaning:** Start the weaning process with...

### Nighttime Feeding & Sleeping

**Scheduled Wake Times for Night Feeding:** Your baby will begin to create their own...

**Dream Feeding:** When Avery wakes during the middle of the night for "scheduled" feedings, dream feedings is the technique to be used. Unlike when she feeds during the day...



# Sample Sleep Plan for Avery Smith

## Comfort Techniques for Settling to Sleep:

1. Allow time to...
2. If Avery is crying...
3. If she continues to get more upset...
4. If Avery cries after laying back down...

**Encouraging a Natural Wean of Nighttime Feeds:** Ideally, baby begins to wean themselves from nighttime feeds by sleeping through them. If Avery does not naturally drop those nighttime feeds...

## Weaning Nighttime Feedings...

- 1.
- 2.

## Nap Time

**Naps (Beginning...):** In the first few days it is most important to...

**Nap Transitioning:** Avery needs to be transitioning from 3 to 2 naps. You start by...

## Final Thoughts

**Sick Baby:** If Avery is sick and wakes in the night you should...

**Regression:** Sometimes children decide to boycott the system in strike of independence...

**Working Together:** The plan will work if all caregivers are fully committed and stay positive...

**Crying:** I know it is hard to hear our little ones cry but remember...



## Sample Sleep Plan Quick Reference Guide

Age	Sleep Environment	Bed & Wake Times	Feeding	Naps	Comments
Newborn to 4-6 weeks					
4-6 weeks to 3 months					
3-6 months					
6-12 months					
12+ months					