



WEEK TO SLEEP™

Sleep Training Overview

Goodnight

After saying goodnight to your child, tucking them in, and rubbing their back, silently leave the room.

Home Base

Walk all the way back to your bedroom- this is your “home base” for the night. You will walk all the way back to your bedroom every single time after taking your child back to their bed.

Take Backs

Your child will likely follow you out of their room, or come to you not long after you leave the room. Walk all the way back to your bedroom even if your child is following right behind you. Then, take them by the hand and without saying anything at all, silently walk them back to their bed. Guide them into bed, say the key phrase very quickly and quietly one time, then leave the room and walk all the way back to your bedroom. If you have a partner, trade taking your little one back each time. Every single time take them to bed, say the phrase, then walk all the way back to your room. Repeat over and over until they stay in their bed and fall asleep. Do not chase, carry, answer questions, or deviate from this plan at all or it will not work.

Your Energy

Your child will pick up on your energy. Regardless of how frustrating it is, stay very calm and relaxed. Walk confidently and calmly each take back. Change is hard for everyone, show your little one there is nothing to be afraid of by being relaxed the entire process.