

FLOW CHART

START HERE

Bedtime Routine

Might Include:

- Bath & Diaper
- Final Feeding
- Pajamas
- Story
- Short Song

30 MIN TOTAL

Is baby calm?

NO

YES

Use calming techniques

Might Include:

- Pat on Back
- SHHHH
- Rocking

Is baby awake?

YES

NO

for waking during the night start here

STAY STRONG!

WAIT 10 MIN

Is baby calm or asleep?

YES

NO

1. Set baby in crib
2. Say goodnight
3. Leave room dark
4. Shut door behind you

Gently wake baby

YES

Go back in to reassure baby

Might Include:

- Pat on Back
- SHHHH
- Rocking
- Say Goodnight

Was it helpful for baby?

NO

Leave the room

YOU GOT IT!

WAIT 15-20 MIN

Is baby calm or asleep?

YES

Congratulations!

Your baby is on their way to learning healthy sleep habits

Eat. Play. Sleep.

Be consistent

Work as a team