



*Joanne Lozman*

SLEEP CONSULTING

**5 STEPS  
TO BABY SLEEP SUCCESS**

# WELCOME!



*I am Joanne*

*a certified sleep consultant and  
mother of two wonderful boys, Oscar and Isaac.*

*As I have been a sleep deprived parent  
with my first son, I really want to help others  
by sharing my passion, experience and knowledge  
of children's development and learning.*

IN THIS GUIDE I WILL SHOW YOU  
**5 SIMPLE TIPS** THAT YOU CAN  
START IMPLEMENTING **TODAY**  
TO HELP YOUR LITTLE ONE  
**FALL ASLEEP EASIER.**

*Let's get started!*

# *index*

*step 1*

**EARLY BEDTIME**

*step 2*

**SAME PLACE EVERY NIGHT**

*step 3*

**PREDICTABLE BEDTIME ROUTINE**

*step 4*

**BABY TO BED AWAKE!**

*step 5*

**WAIT FEW MINUTES**

**Step 1:**

## Choose an early bedtime

The best time to put your baby or toddler to bed  
is sometime between

*6 pm and 8 pm*

This ensures that your child  
will be able to get a solid 11-13 hours of sleep\* during the night.

\* This is how much sleep children should be getting  
until the age of 10.

**Step 2:**

*Put your child to sleep  
in the same place  
every night*

Whether your child has a room of their own or  
shares a room with parents or siblings,  
it's important that you put your son or daughter to sleep  
in the same place

*every night*

*(and for naps during the day as much as possible).*

Putting your child to bed in a familiar place  
lets them know they are safe  
and that they are in a place where  
**sleep is expected of them.**

**Step 3:**

## Create a predictable bedtime routine

*Consistency  
and  
predictability*

are really important to babies and toddlers.

When they know what to expect at bedtime,  
it makes it **much** easier for them  
to make the transition  
from waking to sleeping -

and that's **why creating a bedtime routine is so important!**

A good example of a bedtime routine  
might be something like this:

6:20 p.m.

*Bath time*

6:35 p.m.

*Put on pyjamas*

6:40 p.m.

*Nursing or bottle \**

6:55 p.m.

*Story or songs*

7:00 p.m.

*Into crib or bed*

\*(NOTE: Do NOT let your child fall asleep while feeding!)

Your bedtime routine shouldn't take more than about 45 minutes,  
and it's **very** important that  
**the routine is the same every single night.**

**The repetition and predictability** are what let your child know that  
he or she will soon be expected to fall asleep.

**Step 4:**

*Put your baby to bed*  
**AWAKE!**

If you've been rocking, nursing, or otherwise soothing your baby to sleep, this is going to seem like a tough one... but it's actually ***the most important step!***

It's only by letting your baby fall asleep

*without your help  
at bedtime*

that he or she can learn the skills necessary to stay asleep through the night.



**Step 5:**

## Wait a few minutes

Everyone - babies and adults alike -  
will actually

*wake up*

*several times*

**every night.**

For most adults, these wakings are so brief  
that we don't even remember them  
the next morning.

However,  
many babies will immediately start to fuss  
or cry when they wake up.

This is simply because they haven't learned how to fall asleep on their own.

If a baby has been nursed or rocked to sleep at bedtime since birth, it's not surprising that they **wouldn't know how** to fall asleep independently.

The good news is that many babies can figure out how to get back to sleep within just

*a few minutes of  
waking up in the night!*

If your child continues to fuss or cry for more than a few minutes, you'll want to **go in and offer some comfort**, but it's important to let your child do the work of falling back to sleep.

You can speak softly to your child and do some gentle rubbing or patting, but you should **avoid** picking your child up and **rocking or nursing back to sleep**.

*It's simple and intuitive,  
right?*

**Thank you** so much for downloading

**Joanne Lozman's**

## 5 STEPS TO BABY SLEEP SUCCESS!

I hope you will start **tonight**.

If you would like to talk  
a little bit more and  
**make a plan for your baby?**

Please book a free  
15 minute call here:

[BOOK A FREE  
15 MIN CALL](#)

Is it easier for you  
to **share your thoughts  
and concerns in person?**

Let's meet at one of my events:

[UPCOMING EVENTS](#)

Are you looking for  
more support and help  
to **improve your  
baby's sleep?**

[PACKAGES](#)

Want to learn more  
about newborn, baby, toddler sleep,  
and know what to expect?  
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