

Sleep Solutions
BY CHRISTINE

**THE
ZERO
TEARS
GUIDE**

to help your child sleep





Thank you for downloading these simple and easy to implement tips for helping your child sleep well.



Presented by Christine Stevens

Certified Infant & Child Sleep Expert and Coach

Recognized as one of the top sleep consultants in the U.S.

Sleep Solutions has been featured in:
BY CHRISTINE

The Washington Post

ROMPER

MARKETS
INSIDER



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Hello everyone! I'm Christine Stevens, Certified Infant & Child Sleep Consultant. I help families get the sleep they need so they can wake rested, happy and ready to take on the day!

If you've been struggling with your child's sleep, you're not alone! Ask parents what their #1 concern is and you'll probably hear "sleep". According to recent studies, being sleep deprived can lead to overeating, lack of cognitive abilities, problems with emotional regulation and increased risk of illness. This guide is meant to be an introduction to healthy sleep habits.

The decision to make a change to your child's sleep is ultimately yours and I want you to feel comfortable with that decision. Sleep should not feel like a luxury. Just because you're a parent doesn't mean you have to be sleep deprived.

If you have questions, please feel free to contact me at christine@sleepsolutionsbychristine.com

To a great night's sleep,

Christine

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#1 *Have a consistent schedule*



Children love consistency and routine.

Make bedtime and naps at predictable times so baby knows what's coming next. When baby knows what to expect, they will settle down and fall asleep much quicker!



#2 *Early bedtimes are a must*



Pretty simple...keeping a baby or toddler awake until a late hour will not make them sleep longer at night or later in the morning. The ideal bedtimes for children are between 7:00 - 8:00pm.

Pick a time and stick to it.



#3 *Have a bedtime Routine*



Do the same actions the same time every night. For instance, if you always read 2 stories, make sure you read 2 stories every night. As adults, we have a routine we go through before we go to bed and it's the same for children.

Great bedtime routines start out with a bath!

#4 Naps



Have you ever been really tired and then caught a second wind, only to crash a few hours later? Children who don't get enough sleep won't fall asleep as easily. Waiting until baby is very cranky or frantically rubbing their eyes or ears will only make it tougher for your child to wind down and fall asleep.

Make sure your child is getting the recommended amount of naps for their age.

#5 *Keep night feeds low and quiet*



If you're still feeding during the night, keep them quick and business-like. Give a full feeding, but don't let baby fall asleep. After baby is done eating, it's back to bed for baby. Lights should be kept low. Also, resist the urge to use your phone or turn on the TV to help you get back to sleep quickly too.





All Children are Different!

You really can get the sleep you need when your child sleeps well, and I'm here to help you! If great sleep is your goal, we should talk!

In addition to a simple, easy to implement sleep plan, the personalized one-on-one follow-up support I provide ensures you will get a solid night of sleep. So let's get you on the path to restful nights of sleep and happiness in the morning!



**Let's get started with a
free 15-minute call!**

SCHEDULE A FREE CALL NOW

If you have questions, feel free to contact me.
It might be the phone call that changes your life (and your baby's sleep).

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