



# Simple Steps for Happy Sleep

Here are tips to help your baby develop healthy sleep habits and have a happy, sleeping baby!

## 1) Understand your child's awake time window.

Age (months)	Awake Window
NB	45 min – 1 hour
3 – 6	1.5 to 2 hours
6 – 13	2.5 – 3.5 hours
12 – 3 yrs.	4 to 6 hours

My baby's awake window is:

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## 2) Consistent routine during the day. See example schedules at: [www.HappySleepingBaby.com/parent-resources](http://www.HappySleepingBaby.com/parent-resources)

A good routine for us would be:

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## 3) Develop consistent positive sleep props

- Consistent nap and bedtime routine
- Bedtime buddy
- Sleeping phrase
- Correct room environment
  - Dark, white noise, cool temperature (10% off with HAPPYSLEEP at Parvel.store)

## 4) What are your child's sleep props? Which ones do you need to change?

Our props are:

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## 5) Practice age appropriate soothing skills starting during the day time.

## 6) Decide what you are comfortable with, then make a plan. Be consistent with the changes for two weeks!

Changes we will make for better sleep include:

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If you have further questions, please contact me for a *free 15-minute phone consultation* at [www.HappySleepingBaby.com](http://www.HappySleepingBaby.com)

**Get 15% off any sleep support or plan (valid for month after seminar date)**

## Tired, Frustrated, and need SLEEP?

Thanks for attending my Happy Sleep seminar today. I know you've learned some valuable information that you can start using tonight. Many times these simple tips help many parents with their child's sleep, but if you find yourself still struggling with sleep, then it's time to get in touch with me. There's a lot of conflicting information online about how to help your child sleep and it can be extremely frustrating and confusing to figure it out, especially when you are sleep deprived.

If you find that your sleep situation isn't improving, you need to know that there is more information that I can help you with to start sleeping all night again. There are many factors that go into creating the perfect sleep situation for your child and often having a guiding hand to lead you down the right path helps too.

So, stop feeling frustrated with your situation and start getting answers and solutions that work. I look forward to helping you and your family have Happy Sleep once again!

To Happy Sleep,

~ Courtney



Courtney Landin

Family Health Coach

Owner of Happy Sleeping Baby and Living Healthy Happy



  **Happy Sleeping Baby**

[www.HappySleepingBaby.com](http://www.HappySleepingBaby.com)

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  **Living Healthy Happy**

[www.LivingHealthyHappy.com](http://www.LivingHealthyHappy.com)