

*Healthy  
Sleep  
for  
Children*



# SECTION ONE



# *Children's Sleep*

Children need great sleep to be able to learn and live life at their absolute best. When it comes to school and sleep, it's even more important that they are getting consolidated sleep night after night for their focus and their learning.

They may test the limits and they have so many emotions that it can be tough to know how to support them through this surge of big feelings. Pam and Elisa have many years of experience working with all age groups but especially toddlers, preschoolers and school aged children. When working with their families, they not only help with sleep but with all of the parenting topics such as supporting children through their emotions and emotional regulation, fears and anxieties, setting limits with confidence, challenging behaviours and more.

Sleep can be a lot harder now as they can vocalize their wants and their upset can be a struggle to manage. Children really need clear expectations and boundaries which can be difficult for busy and tired parents to follow through with consistently. The more consistent you are though, the faster you all will be sleeping.

Often times, when you are working on teaching a toddler or older child how to fall asleep on their own, you will notice that the methods that you may have used when they were babies are no longer as effective. They often need a little more reassurance with your presence and then as they build their confidence in learning how to fall asleep, as long as you work towards it, they will need you less and less. You can help them a lot at first and when you see that they are getting more comfortable, you are less a part of the equation until they are doing it on their own!



# *Expectations of Sleep*

Your child's sleep has the potential to be great at this age. Consistent from night after night and sleeping through the night. The goal is for the most part, getting the sleep they need with smooth bedtime routines. The more consistent you are, the faster they will learn.

The recommendations below are a guideline to your child's sleep needs. All children are different and these are guidelines. If your child does not meet this exactly as long as they are not too far off, but seem to be managing then that is okay.

<b>How Much Sleep Do they Need</b>		
<b>3-5 YEARS OLD</b> 11-13 hours	<b>6-12 YEARS OLD</b> 10-11 hours	<b>12-18 YEARS OLD</b> 9-10 hours

RESTFUL PARENTING 2022



## EARLY BEDTIMES

There are many reasons why earlier bedtimes can be beneficial for everyone!

- Some parents are apprehensive about earlier bedtimes because they feel that their child will be up earlier in the morning. This is not usually the case! A child who goes to bed earlier (within reason) is more likely to get up after 6:00 am because they were not overtired when they went to bed.  
**\*An overtired child has a harder time falling asleep and staying asleep!**
- Bedtimes around 7pm allows for the body to take advantage of the natural rise in melatonin. Bedtimes for school age children range from 6pm to 8pm. Judge your bedtime based on your child's wake time and their sleep needs noted above.
- Having a consistent bedtime from night to night with a consistent wake time in the mornings, even on the weekends can help keep their overall sleep on track.
- Late nights here and there for activities or family time is okay. Try and help their schedule as you can to ensure that for most of the nights out of the week, they are in bed on time
- Early and consistent bedtimes are also a bonus for you. It gives you the time to have a date, watch a show or do whatever you want/need to do. It can give you the time for your own decompression
- Best of all, an early bedtime can ensure your child is getting the sleep they need night after night.

# SECTION TWO

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# *The Importance of consolidated sleep*

## **Consolidated Sleep**

We all wake at night. We check our blankets, fluff our pillow and if everything seems okay in our environment, we go back to sleep. Our children will wake at night and if they know how to fall asleep on their own, they will do just that. However, if they need someone to lay with them until they fall asleep, this sleep association will cause them to now need that recreated throughout the night as well, instead of being able to roll over and go back to sleep.

Getting great consolidated sleep means night wakings without calling out, needing support or long wakings. Getting consolidated night sleep can take some time to work on but once you see results, it is so worth it.



# *Sleep Associations*



## WHAT IS A SLEEP ASSOCIATION?

A sleep association is something that your little one needs to go to sleep and therefore recreated to get back to sleep each time they wake.

Some of the most common sleep associations with school aged children are:

- Needing someone to lay with them to fall asleep
- Needing a quick tuck in
- Wanting more water
- Help finding their sleep friend
- Waking at night and wanting someone to be in there with them

It is never too late to teach independent sleep but know that if what you are doing right now is working for your family, there is no need to change anything! However, if you have a child who is awake frequently overnight or is struggling to fall asleep there are absolutely changes that you can make to improve everyone's overall sleep. Teaching them how to fall asleep on their own and feeling confident in their space, will be a key piece in better sleep.

## SOUND MACHINES, GUIDED MEDITATION, MUSIC

For some children listening to a story or music can help calm their mind and allow them to settle into sleep. Although this may encourage a new sleep association, it can be relatively harmless if used with clear limits. We would encourage picking one CD or playlist and not give in to requests to change it. It's bedtime and you're not a DJ:)



# *The Environment*



## SETTING UP THE ENVIRONMENT

While working on improving sleep, you want to be sure that you set your little one up for success in all of the foundation areas. Setting up the environment so that it is non-stimulating, calm and conducive to sleep is key.

You want your child's room to be nice and dark so that their body clock can register that it is indeed sleep time! This means getting some blackout curtains or blinds (or both) to darken the room. If you do not have time to purchase anything, there are lots of great DIY options to darken the room!

- Black Bristol board taped on the windows is a great DIY option to use in combination with your existing blinds or curtain for extra darkness.
- A dark blanket or two draped over the windows is also a great option!
- Duct tape your blanket or curtains to the wall if you have sunlight coming in through the sides and tops of the windows.
- Command Velcro strips work really well in place of duct tape.

This is especially important for preschoolers and older children! In the summer, it tends to get darker later which can be very confusing for a child who is going to bed when it is still light out if the daylight is shining into their room. The sun also comes up earlier and the birds start chirping at 4:30 am sometimes!

A sound machine and dark room will be a very good thing to have to keep your children sleeping later in the morning and not waking up at 5:00 am!

You also want to be sure that the temperature in the room is not too hot and not too cold. Babies and children tend to be more comfortable in a room with the temperature between 18 and 21 degrees Celsius.

## SOUND MACHINES

Using a sound machine is not absolutely needed however, we highly recommend it especially at the beginning of working on sleep. Our children are generally sensitive sleepers when we are first working on making changes so having a comforting sound in the background can help prevent them from waking up because it muffles the sounds around them.

Sound machines are also great because turning it on as a part of their pre-sleep routine can be a great cue for them that it is time for sleep. When you travel, having your sound machine can help recreate your little one's sleep environment as well as block out some of the exterior sounds so that you don't have to stress as much.

## OUR FAVOURITE SOUND MACHINES



Hatch Baby Rest



Conair Sound Therapy



Homedics

**Hatch Baby Rest:** This is an amazing sound machine with great sound. You can adjust it from your phone and the volume is loud enough or soft. You can find it on Amazon or Bed Bath and Beyond and many other places.

**Conair Sound Therapy:** This is a great basic sound machine. The sounds are not as natural however, the volume can be loud so it is great to use in the hallway for multiple children or while traveling. It is also portable

**Homedics:** This is a very basic sound machine. The volume does not go very high but it does the trick!



## COMFORT ITEMS

Using a comfort item for your little one can help them feel more secure in their sleep space as it is a familiar item in bed with them. The Canadian Pediatric Society recommends waiting until 12 months to have a security item in your child's bed with them. However, if your child has good head control and can move freely in their bed, you can speak to your health care provider about introducing one sooner.

When choosing a comfort item or lovey for your little one, be sure to choose one that is not too big. You do not want it to cover your child's whole head. If you are looking at the blankets with the stuffed animal heads, I would suggest getting one that is made with a breathable fabric. Make sure that there are no small, loose parts that can become a choking hazard. Inspect it regularly for damage.

To forge a bond with your child and their comfort item, you can wear it in your shirt for a few hours so that it takes on your scent. You can also put it between you and baby while you are cuddling and give it to them in the car seat and other places where they can become used to it.

Older children may want to have many stuffies in bed with them, be sure to set limits on how many they can have with them if you find them playing rather than sleeping. This also goes for toys and books in the room.

## OUR FAVOURITE COMFORT ITEMS



Peppa Bonding  
Doll



Aden and Anais muslin  
cotton lovey



Lulujo Security  
Blankets

These comfort items can be found on Bed Bath and Beyond as well as Well.ca and Amazon  
\*Aden and Anais has similar small security blankets to the Lulujo ones.



## **Bedtime Meditation and story Resources**

You may find your child settles well with music or meditation. Some of our favourites include:

Jelly Belly meditation: [Jelly Belly - Relaxation Technique for Children - YouTube](#)

Spaghetti Toes: [Spaghetti Toes - YouTube](#)

Be Calm on Ahway Island Podcast Episodes - Children's bedtime stories

If you search bedtime meditations on YouTube, you can find many resources

If you search relaxing bedtime music on YouTube, you can find many resources

This is a great yoga/mindfulness resource that you can also find on YouTube  
[Home - Cosmic Kids](#)

[Corys ConsciousLiving - YouTube](#)

[Rainbow Breath - Learn To Raise Your Energy | Meditation For Kids | Breathing Exercises | GoNoodle - YouTube](#)

[Melting Exercise - Learn To Destress | Guided Meditation For Kids | Breathing Exercises | GoNoodle - YouTube](#)

## SETTING UP THE ENVIRONMENT

Setting up the optimal sleep environment can really help your child get the restorative sleep that they need. You are aiming for a calm, peaceful and dark space to promote healthy sleep.

- HAVE A SAFE SLEEP SPACE
- SECURE ALL FURNITURE TO THE WALLS
- COVER ALL POWER OUTLETS AND CHORDS ARE OUT OF REACH
- CAMERA IS OUT OF REACH
- LIMIT THE STIMULATING DECOR OR ITEMS SUCH AS TOYS AND BOOKS
- SOUND MACHINE 6 FEET FROM THE SLEEP SPACE
- DARK ROOM
- LIMIT BLUE LIGHT EXPOSURE 1-2 HOURS BEFORE BED

# SECTION THREE

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# *Bedtime Battles*



## MY CHILD TAKES FOREVER TO FALL ASLEEP AT NIGHT...WHY?

Control is a challenge for children. They can feel like they do not have control over anything in their day to day so they start to fight back with the things that they do have control over; ex: eating, getting dressed, sleep etc. When toddlers are striving for control they can become obsessed with it and it can become very frustrating for everyone. This is when bedtime battles can really come into play!

Sometimes those battles come out with not wanting to get dressed into their pajamas, or perhaps they are fighting brushing their teeth. Or maybe they are just flat out refusing to get into bed or lie down.

## PICK SOME OF YOUR BATTLES

If bedtime has become a huge struggle and every part of it is a fight, try to pick some of those battles. You want to balance it with setting very clear limits but also choosing not to engage with every battle. The biggest one that we see is a toddler who is in bed but refusing to lie down. This is a battle that can cause a power struggle as you continue to tell them to lie down and they refuse. As long as they are in their beds and not being disruptive, let them sit up if you can. They will eventually become tired and lie down.

## OFFER SOME CHOICES WHEN YOU CAN

Since toddlers crave control, it can be very beneficial to offer them some when you can! Choices can be very effective with little ones to give them some of that sense of control. When offering choices:

- Make sure that you are not overwhelming them (no more than 2 choices)
- Make sure that you are giving them the choice but it is not taking forever for them to choose. If they are taking a very long time or unable to choose, you can let them know that you will choose for them. Once you choose, stick with it so that they know to make the choice the next time if they would like.

Some choices with bedtime can include:

- Pajamas need to go on. Would you like these ones ,or these ones?
- You need to brush your teeth. Would you like this toothbrush (or toothpaste) or this one?
- X,y,z has to get done. Would you like to do it yourself? Or would you like me to help you?

Offering them choices throughout the day here and there can help them feel a little more in control and can reduce some battles!

# *Bedtime Stalling*



## CAN I HAVE ONE MORE HUG?

I need another glass of water! I just need to go and get something from downstairs. You didn't give me another hug! I need one more hug! My blanket fell on the ground.

Do any of these sound familiar? Bedtime stalling is a very common occurrence in toddlerhood! Depending on how vocal your little one is, it usually starts between 2 and 3 years of age. Some may even start before that. Lucky you!

Bedtime stalling is essentially anything that your child is asking for or using as something to delay bedtime or to prevent them from falling asleep. It is a part of their development as they start to understand through cause and effect what they may or may not be able to accomplish. Even though it is common, you can absolutely still implement some strategies to make sure that it does not continue for hours every single night.

## SET VERY CLEAR BOUNDARIES

One of the most important steps to reducing bedtime battles is to set very clear limits and make sure that you follow through with those limits that you have set. Toddlers do not want to go to sleep. They do not want to miss out on anything that is happening around them! If they sense that there is another way out for them and they can prolong bedtime, they absolutely will take that route each night.

Following through with limits that you have set can be difficult as there may be some push back on their part. There may be some big feelings as they start to understand the limits. The good news is, you can help them through those big feelings while still setting limits.

The only way that your child is going to know that you are serious about the changes is if you are consistent with the limits that you are setting. Without consistency, they will push more and more limits and the bedtime battles have more of a chance of spiraling.



# *Bedtime Stalling*

## TRY NOT TO OVER ENGAGE

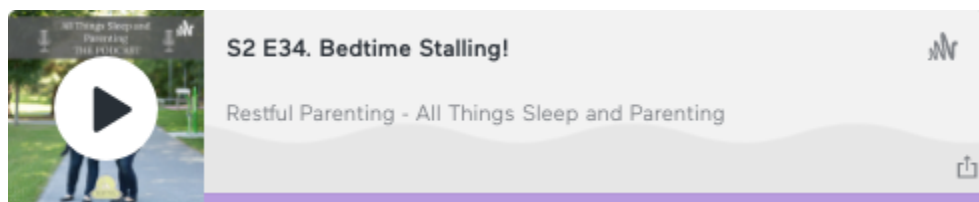
One thing that our little ones are looking for when they are stalling at bedtime or resisting bedtime is a reaction from us. The more we react, the more they will push.

Reactions from us can come in the form of a certain look on our faces or body language that tells them that we are getting frustrated or even in the words and repetition of us talking too much during bedtime.

We know that it can be very frustrating when you want them to go to sleep and they are talking or fiddling around in bed. However, the more we engage with them, the longer the bedtime takes!

One of the most common ways of over engaging comes when we are frequently reminding them that it is time to sleep. "No more talking, it is time to sleep!" While it is okay for us to infrequently remind them, it becomes very stimulating when we repeat it over and over. They now know that they are pushing buttons and this causes them to continue that exact behaviour or step it up to get you to engage again.

Instead, try sitting quietly or giving them space to talk and fall asleep when they are ready. This is another situation where you would pick your battles! If they are sitting up in bed, or quietly tapping on the wall or even dangling their feet off of the bed but not getting out yet, you can leave them be and not engage. If they cross a limit though and are damaging the home or hurting someone, you would need to step in at that point.



# *Routines*



## YOUR TODDLER'S ROUTINE WILL LOOK DIFFERENT THAN THE ROUTINE THEY HAD AS A BABY

Children benefit and thrive with routines and consistency. The steps that you take before your little one goes to bed is called the pre-sleep routine. This sequence of events that happens before naps and bedtime helps to signal to your child that it is time for sleep. It also cues their brains to secrete Melatonin which is our body's natural sleep aid.

## ROUTINE CHARTS-You have a great one in your Goodnight Bags

Routine charts can be a great added tool for your bedtime routine. Visuals can really help children understand what the expectations are. It does not mean that they will fully accept the changes or the routine but it can help them understand and cope with the changes. Have a picture for each part of your pre-sleep routine in the chart. You can either get pictures off of the internet or take pictures of them doing each part of their routine and use those in your chart. Include anything that they are using to stall in their routine. Books, a glass of water, a big hug etc. This will help you reinforce that limit when you set it. They have already completed that part of the routine and they can see and are involved in checking each step off as they go.

You can laminate your routine chart or place it in a glass photo frame or even put it in a plastic duo tang sleeve cover. This will make it so that you can let them check off the parts of the routine with a dry erase marker as you go through them.

## HEADS UP OR WARNINGS

When you are moving through daily transitions, it is very important to give your child a heads up that the next thing is going to be happening soon. This is especially important for activities that they don't particularly love or when they are really engaged in something.

Giving them that two minute warning can reduce a lot of the emotional upset going from one transition to the next. "In two minutes, it is time to go up for bed." Be sure to get down to their level when talking to them as well as get their attention. The heads up will not work if they have not heard you!

Toddler Tip: If your child has a hard time with all transitions or even if they don't, have a visual routine chart with pictures for their daily routine.

# Routines



## TALK TIME BEFORE BED

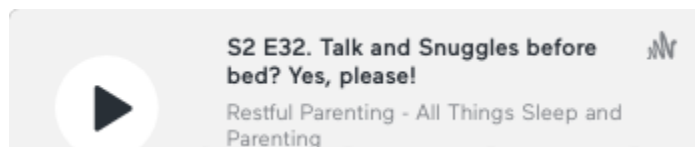
One thing that we are very big on is allowing your child to connect with you and talk with you before bed. Children have a lot going on in their day with frustrations and big feelings. At bedtime when they are in a quiet space, this is when they are processing all that has happened during their day. They might want to talk more and we may see it as stalling but they just need to connect with us while being able to process.

Setting up a special time for them to sit and cuddle while talking about whatever they want to talk about can be so helpful for them to be able to shut down at bedtime but also for them to have that last emotional and physical connection with the ones they love before going to sleep on their own. With younger toddlers, you would likely be asking them a lot of questions during this time as their language might be limited. As they get older, the idea is to give them the floor. They have 10 minutes (or the number you choose) to talk about whatever they would like and you are only listening.

\*Here is where a timer would be a great tool to use!

Perhaps you can ask some questions to engage in their conversation but they are in control.

\*This can also help with older toddlers or children to verbalize things that might be bothering them that they may not have mentioned when you asked them about their day earlier.



# Timers

## HOW WILL A TIMER HELP MY CHILD?

Timers as a visual cue are also great for toddlers to keep them on task and avoid some of that bedtime stalling.

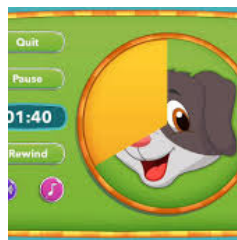
If you find that it is taking a long time to brush their teeth or if they are pushing limits during various parts of their routine, a visual timer can help reinforce that limit.

## HOW TO USE A TIMER

Let your little one know that they have 2 minutes to get dressed. Then set the timer and let them see you set it! Explain that when the timer goes off, you will be moving on to the next task.

You can also use a timer for other tasks during the day or when you are setting limits. It helps to have that outside force letting your child know that it is time to finish up.

Tip: In order for the timer to be effective, you also have to reinforce it by following through with the task and helping your little one move to the next task. If you do not reinforce the limits, your child will not follow them!



You can also find some great timer apps or Youtube countdown timers.

# SECTION FOUR

# Transitions



## SLEEP CHANGES FOR BABIES AND CHILDREN

While working on sleep, there may be some changes that you want to make to how your child is falling asleep. You can use some slower steps to help your child gain a little more sleep independence or you can move right to sleep coaching if and when you are ready.

Some babies and toddlers do really well with the small steps towards change. However, some children, especially those with more persistent personalities might resist smaller changes more because these baby steps are not clear enough for them. If you are not set on using a method to teach your little one how to fall asleep on their own just yet, you can absolutely try to gradually work on some of those sleep associations that are no longer working for you by following the steps in the next 2 pages. However, if you find that it is taking a really long time to see any changes or reach your goals, you can explore sleep coaching as your next option. If you are ready now (or yesterday) to see some sleep changes, you can jump right into sleep coaching once you have the environment and bedtime routine in place.

### **What is sleep coaching?**

This is when you use a method to teach your little one how to fall asleep on their own. As previously mentioned, a child who knows how to fall asleep on their own for naps and bedtime will be more likely to have consolidated night sleep and consolidated, restorative naps.

### **Do I need to do sleep coaching?**

You do not have to do anything that you are not comfortable with! The small steps might be enough to help you reach some of your sleep goals. If you are content with how things are going, you do not have to change a thing!

It is never too late to work on sleep or teach independent sleep!

A large, stylized graphic in the background shows a hand holding a pen, rendered in a light green color against a white background. The hand is positioned as if writing, with the pen tip pointing towards the bottom right. The text 'SECTION FIVE' is overlaid on the upper part of the hand.

# **SECTION FIVE**



## *Talk to your child about the changes*

In order for our children to understand the changes and what the new expectations will be, it is very important for us to tell them ahead of time. Explaining the changes in words that they understand can go a long way in reducing some of the extra upset that might take place when you implement different strategies and make changes.

Telling them what the expectations are can help them process and prepare for what is to come.

## *Big Feelings and Upset*

When we make big changes for our babies and children, it is natural that these changes are uncomfortable for them. They need time, our support and consistency to begin to accept these changes.

Much like us adults, they need to be able to get these feelings off of their chest in order to be able to move on from it. This is called emotional offloading and it is very effective to help our little ones understand their emotions as well as begin on the path to emotional regulation.

There are so many reasons that emotional offloading is important. It allows our children to learn how to effectively express themselves and communicate their feelings which is very important as they get older. It teaches them to not bottle up those emotions while having those feelings validated by the people they love. It also teaches them that they can count on you to be there for them and that you are their safe place as they grow. Dealing with a child's emotions through offloading and connecting can also help them overcome fears and anxieties.

So all in all, there will be big feelings when you make sleep changes but you can use a supportive method that you feel comfortable with to work on it.



# *Fears and anxieties*

## HOW ROLE PLAYING CAN HELP YOUR CHILD THROUGH THEIR FEARS OR ANXIETY

Sometimes children find it very difficult to express themselves especially if they are feeling the pressure from us asking what is bothering them or what fears they have. A great way to get them to open up is through play. They don't even notice that they are talking about what may be bothering them or talking about things they didn't necessarily want to share or didn't know how to. Even for children who do not talk yet, the role playing can give them a sense of control and a way to express themselves that they may not have known otherwise.

Role play is a great way to get them to play on these emotions that they may have. Or it can help them understand what will be happening through their toys, through you or through characters that they relate to.

## HOW TO USE ROLE PLAYING

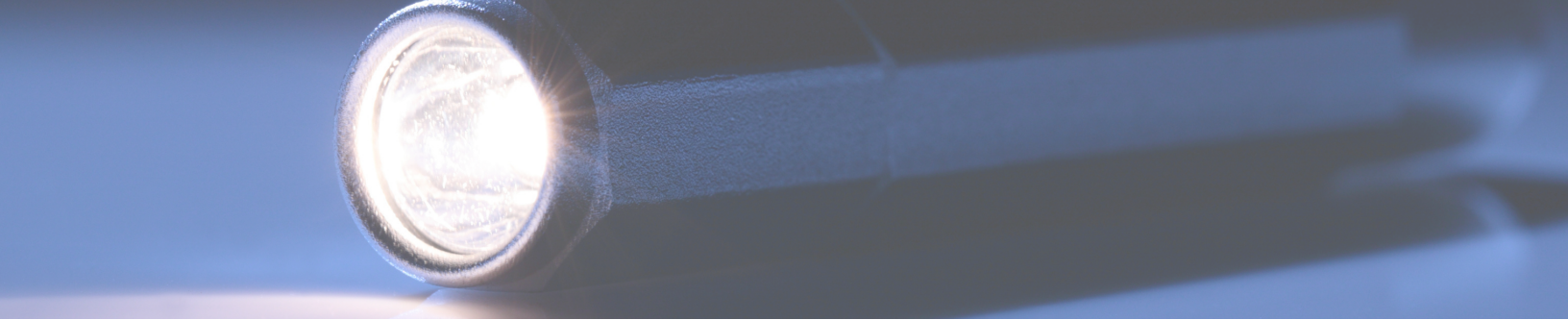
To use role playing, the goal is to take their current fear or anxiety and make it into something fun so that they can start to relax and feel a little more comfortable with the situation. You are also telling a story through play so that it can help them understand any changes that they will or have already gone through.

Here is how you can role play for changes with bedtime:

For younger toddlers, you can play games where you pretend to sleep and when you wake up, play up how good of a job they did sleeping. You can put them in their bed to play this game as well. Play lots of games with their baby or stuffed animal and play up how you are going to put the stuffed animal to bed in their crib. Set up a crib or a box for the dolls or stuffed animals to sleep in. When the doll wakes up, celebrate what a great sleep they had in their own bed!

For older toddlers or children, you would do something similar but you can play out a whole story. The parent stuffed animal is telling the young stuffed animal that it is time for bed. The young stuffed animal might say "I don't want to sleep on my own!" And the parent stuffed animal would respond with a reassuring "I know you don't want to go to sleep on your own. We will be very close." Or, "we will be beside you helping you." What you say would depend on the method you will use to help with independent sleep. You would play out the whole story for your child and act it out as you want it to go. Your child will be watching you and through this play, they are absorbing a lot.

You can get creative with the way that you role play but this is just to give you an idea of what you are trying to accomplish with it! At first, you will take charge of the role play. As your child starts to understand the process, you can involve them more to motivate them.



## ROLE PLAYING FOR A FEAR OF THE DARK

Here are some ways that you can work through a fear of the dark.

First, you would do some reading or watching a show about someone who is afraid of the dark so that your child can relate to the character. Franklin in the Dark is a great book. Daniel Tiger is another character who touches on childhood fears or things that children go through.

Have conversations about the dark and why it is scary for them. Is it because they can't see? Is there another reason?

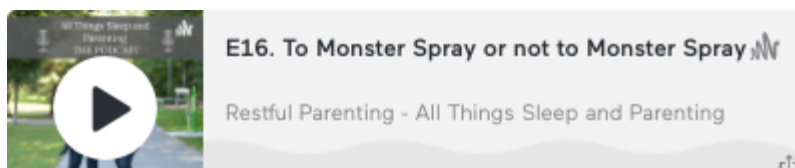
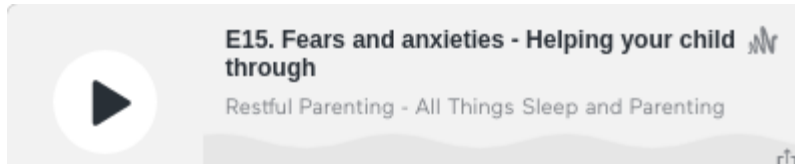
Play to help them face their fear in a supportive way.

Set up a tent in their room. Even if you use their blankets and make it dark. Talk about the dark and how you can't see but you know that you are safe in their room. You can use a flashlight and turn it off and on so that they have a chance to be in the dark for small increments of time with your presence and comfort. Glow in the dark items are fun to use as well!

Get creative about how you can play in the dark and start small. If your child is very anxious, perhaps you won't go right to a tent in a very dark room and instead, keep it less dark. Only play for as long as they are comfortable. You want to avoid pushing them too much.

Do this a few times per week or even every day if you can to help them build more tolerance to the dark.

\*Night lights are perfectly fine to use in their rooms at night. We suggest getting one that is not blue light based and instead, opt for a soft yellow or red glow.





## A NOTE ABOUT MONSTER SPRAY

At one point or another, your little one will most likely express some fear or start to talk about monsters. Some families will make something called monster spray to attempt to help their children through the fear.

However, what we prefer to do is maintain that monsters simply do not exist! This can actually help with that fear because we are continually telling them that monsters are non-existent and that tends to redirect that fear and allows the fear to dissipate. When we are calm about it and simply tell them that there is no such thing as a monster, they can feel at ease and not be as fearful.

However, when we start to check under beds for monsters or in the closet for monsters and make a monster spray, we are then reinforcing that monsters do exist which then keeps that fear alive and thriving!

Here is what we typically recommend to say to you toddler when they mention monsters:  
"Oh, there is no such thing as a monster! Monsters are not real!"

Then you can talk about where they think they saw a monster and tell them that the monsters on the show monsters inc (or wherever) are just pretend cartoons and only on that show or book. I might also say "there are no monsters under your bed because monsters are not real!"

We want to find that balance with letting them talk about it so as not to completely dismiss their fears, anxieties and feelings without feeding the fear by letting them believe that monsters are real.

# Consistency



## WHY IS CONSISTENCY SO IMPORTANT?

When we are making changes with sleep or anything parenting related, it is very important that we remain consistent and follow through. If our children know that there is another way for them, they will take that route each time!

Consistency is how you respond and comfort your child, both during the day and night and can go a long way to reducing tears. When introducing a new routine or schedule it is important to try it for at least 1 week before determining whether or not it is working.

Consistency will help your child understand what is expected of them. They will not know what your expectations are if they are always different.

With consistency and responding to your child the same way every time you enter their room, they will learn a lot more quickly than if your response is different every time. If some parts of their days are different (such as traveling frequently or differences with who is with them for sleep periods or having one parent working etc.) You can absolutely still see progress with sleep. The consistency that is most important is how you respond to them when they wake up or when you are trying to get them to sleep.

If your response is consistent, they will be able to learn what the expectations are no matter who is with them. Often times, the consistency is the most difficult part for many families. We lead busy stressful lives and when you are in the thick of it, it can be difficult to see the big picture, what to follow next, if what you are doing is working and it can be impossible to see the little improvements. I am here to help and support you through this difficult process if you do feel you need me, don't hesitate to reach out! Our methods and plans at Restful Parenting are extremely effective and our one on one support helps tremendously with the consistency and follow through which then helps with your sleep success!



## HOW DO YOU KNOW THAT SLEEP COACHING IS RIGHT FOR YOU?

When it comes to teaching your little one how to fall asleep on their own, there are so many methods and contradictory pieces of advice that it can become very overwhelming, very quickly. Especially when you are already so tired! If your child currently needs you to put them to sleep and still is not sleeping well, here are some signs that you might be ready for sleep coaching:

- You spend a very long time rocking/holding or sitting with your child until they fall asleep
- You spend all of this time getting them to sleep only for them to wake up the second their head hits the mattress.
- Your little one is waking up multiple times throughout the night and or taking short naps
- You dread bedtime every single night!
- You just want to be proactive and get sleep on track before it becomes super challenging
- You want to ensure that your little one is getting the quality of sleep to thrive!

## HOW REACHING OUT FOR SUPPORT CAN SAVE YOUR SANITY!

Finding the right support for your family can make all of the difference in how quickly your child can learn and accept the changes. Restful Parenting's unique approach to sleep and parenting offers support for all parenting styles.

Some of the reasons that families reach out to us are:

- Building your parenting confidence (we focus on sleep but also support you with all parenting topics)
- You don't want to second guess what you are doing all of the time!
- You want a step by step plan and someone to guide you each step of the way
- You want to ensure that the steps you are taking are right for you and your child
- You feel like you have tried everything and you still have not reached your goals
- You want someone with experience working with children who is well versed in child development to guide you
- You are tired of relying on the contradicting advice and you want someone who knows you and your family to help!

If any of this sounds like you, please do not hesitate to reach out. We are here to help!



# RESTFUL PARENTING

ELISA COSTANZA-REYES  
PAM LAROUCHE

Pam and Elisa have dedicated their career to working with children in all capacities. As Early Childhood Educators, Sleep Consultants, Parent Coaches and Post Natal Doulas, they work with families from prenatal to school age on all things sleep and parenting.

Their most important role is motherhood. With 6 children between their two families, they have been through it all!

Be sure to take advantage of all of Restful Parenting's free resources. (Links below)

## READY FOR SLEEP SUPPORT?

Pam and Elisa  
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Join our FREE Facebook community!  
<https://www.facebook.com/groups/allthingsleepandparenting/>

