



Your Printable Workbook

Name of Child



This workbook has been specifically devised for you to be able to plan your child's sleep in conjunction with the workshop. It will give you a clear plan of how you will be able to tackle your child's sleep to make improvement to your life.

Welcome to the start of improving your child's sleep it is an exciting journey to be on and by the end of it you will see improvements and have a well-rested household.

Remember it takes 30 days to create a habit so if you remain completely consistent for this length of time then you have successfully created a new sleeping habit!!! Hooray!

Wishing you the best of luck.....

Remember I also have the support group for those questions you may want to ask or just to support you through the implementation of your sleep plan



The Plan

Q1. Based on your child's age how many hours sleep should they ideally be having? (Please use the video and guide at the end of the pack)

Q2. What time is your child currently falling to sleep?

Q3. What is the desired sleep time for your child?

Q4. What is the desired wake up time for your child?

*Question 3 and 4 should only be based on information
From Q1.

Ok so now we have established what the overall aim is! Now to plan how we achieve this.



The bedtime routines, what will it look like for me...

Remember this should start at least **1 hour** before the child is going to sleep. Let's get those curtains closed, turn our electronics off and dim the lights! This change will start to trigger in the brain the preparation for the upcoming sleep and increase the sleepy hormone melatonin.

Supper:

Let's write down some options based on the list of sleepy foods provided. These are a great source of tryptophan that converts in our brain to melatonin (the sleepy hormone)

Fine finger activity:

So some options for fine finger activity.

Remember a minimum of **30 minutes**, with an adult. Choose as many activities as you like so long as they are fairly still and fairly quiet. This is such a lovely part of the routine and really helps to reduce that bedtime stress.



Idea's for fine finger activities, you can of course use your own.

Colouring, Word Searches, Arts and Crafts, Hammer Beads, Sewing, Drawing, Story writing, Reading, Board Games, Math's, Puzzles, Play dough, Bead threading, Loom bands.

Bath-time

Yes/No (circle as appropriate)

If bath-time is a way to help your child relax please use it within the hour before bed. You can, to enhance, use calming bubble bath with relaxing fragrances such as lavender and chamomile. Why not continue the fine finger play in the bath with bath toys. Finish off with a big cuddle in a nice warm towel and even a massage.

*If you are not using a bath within the routine it might be nice before bed to still give your child a cuddle in a warm towel and nice relaxing massage.

Massage:

Yes/No (circle as appropriate)

Using a nice calming scented cream can be helpful to use when massaging.



Story/ Song time:

It is always best to do this in your child's bedroom preferably when your child is already in bed. Then they are well prepped for sleep straight after, minimising movement and gross motor activity!

How many stories/songs are you planning?

You've got this far, hooray. So we now have your child in bed ready for going to sleep.

Give them a great big hug and kiss, if they fall asleep at this point, CONGRATULATIONS!

Here are some techniques to use if your child is not quite ready to go to sleep or begins to fight sleep. You can choose between the 2.



Rapid return:

If your child gets out of bed, go back in immediately to re-settle them. Pop them back into bed and repeat the same phrase, something like “goodnight _____, see you in the morning”. Keep doing this until your child falls to sleep.

*Stick with it; it can be tough in the early stages.

Gradual Exit:

Find a place that both you and your child are comfortable with, ideally not the bed. Sit next to the child where possible without physical contact. If your child tries to start a conversation repeat the same phrase as with rapid return. Something like, “goodnight _____, see you in the morning”. Until your child falls asleep. Overtime as you and your child become more confident you can start to move further away until you are out of your bedroom.

*Again, stick with it; this also can be tough in the early stages.

What is your chosen method?

Rapid return/ Gradual Exit

Both of these methods are used to promote teaching your child how to self settle.

Self-settling is really important, particularly when a child wakes throughout the night.

Babies are naturally soothed back to sleep and given various sleep associations such as feeding, dummies, a parent etc. As research suggests is best for babies under 12 months of age.



We now are teaching them how to fall asleep independently. Children tend to use distraction techniques most at this time. Stick with the plan and you should see really positive results.

Night Wake Up's

Q1. Does your child wake in the night?

Yes/ No
(Circle as appropriate)

Q2. Is it in the first 4 hours?

Yes/No
(Circle as appropriate)

If you have answered yes to Q2 the chances are it is a parasomnia categorised as a night terror or sleepwalking.

Does your child have a consistent time that they wake with a parasomnia?

Yes/No
(Circle as appropriate)

*This is consistent amount of time after they have fallen asleep. Use the sleep diaries to document these for a more concise waking time.

If you have answered YES and you have a consistent time then 20 minutes prior to the awakening, rouse, not wake your child, the aim is to get a physical response from your child (turning over/ a noise) but they will not be fully awake. This will reset the sleep cycle to prevent the parasomnia from occurring. This consistently applied for 2 weeks will stop the cycle of parasomnia's occurring.

If you have answered NO and you do not have a consistent time that your child wakes with a parasomnia then we need to rouse the child approximately 1 hour after sleep onset. This will reset the sleep cycle and prevent the parasomnia. Keep sleep diaries and do this for 2 weeks, then withdraw the rousal. Often this is enough to prevent the parasomnia long term, however you may need to continue to do this.

What time is appropriate to rouse your child?

If you have answered YES to Q1 but NO to Q2 this night awakening would be categorised as a night awakening. These, as explained in the workshop and on the hypnogram are a natural part of the sleep cycle.

We all have them several times throughout the later part of our sleep cycle after the first 4 hours roughly, they then occur approximately every 1.5 hours thereafter. Generally what we do is subconsciously check our environment and settle ourselves back to sleep without even knowing that this awakening has taken place.



It is important to remember that however your child initially falls asleep, they are expecting EVERYTHING to stay the same. As they are completely unaware of any changes that occur after they have fallen asleep.

Things to think about environmentally.....

Are you with your child when they fall to sleep?

Does your child fall asleep with a light on?

Does your child fall asleep to any form of noise? (TV, music, a sleepy toy)

Are there any external factors affecting the noise/light in the bedroom? (Street lights, roads, TV downstairs, other children, noisy neighbours, a car engine late at night, cats nearby)

Does your child have a sleep association with a particular item? (A toy, dummy, blanket). Do they lose this whilst they have fallen to sleep?

Is your child fidgety at night? Do they lose their bedding?

All of the above, plus many more things can affect the later part of the sleep cycle for your child. All children are different in regards to the change of environment. The chances are that if they are waking at night it will be an environmental factor that caused it.

Please write down any factors that could be affecting your child's sleep here and ways in which you can counteract them to help to develop your plan.....

I.e. external noise- implement white noise at night that remains on all night.



Falling to sleep with the light on- leave the light on all night, consider a red or orange light bulb.

Night awakenings can also become a habit over time, it takes 30 days to create a habit so if your child has been doing this for longer than 30 days, just keeping the environment the same isn't always 100% effective. However ensuring the environment remains exactly the same, plus the behaviour techniques (rapid return or gradual exit) will usually be effective to create positive change. You should use the same technique that you have chosen for settling.

(Please also see 'sleep behaviours that may require medical attention' at the end of this workbook.

Early Morning Waking

1.Does your child wake early?

YES/NO (circle as appropriate)



Would you consider this to now, after you have all the information, to be a night awakening or an early morning? If it is a night wakening please refer back to night awakening section for ways to deal with this.

If, however this is an early morning awakening, a great aid to use would be a sleep clock. When using a sleep aid clock you must initially set the time at the time in which the child is waking. It is important for your child to feel a sense of achievement. Once your child is getting up at the time set on the clock this is where you will start to move the time so you are closer to a desired wake up. Move the time forward by 15minutes.

If your child is falling asleep early and waking early, therefore getting the correct amount of sleep. You can increase the bedtime by 15minutes every 3 nights in conjunction with increasing the wake up time.

Do this every 3 days that your child consistently wakes at the time set on the clock. Remember, resetting the body clock can take time!

What is the desired wake time for your child?

*Consider the total amount of sleep that your child is getting when planning a reasonable wake up time. Use the 'Average Sleep' worksheet for guidance.



Daytime Naps

Does your child fall asleep during the day?

YES/NO (circle as appropriate)

Is your child over the age of 3?

YES/NO (circle as appropriate)

If your child is over the age of 3 and still having daytime naps, as a rule this will usually affect the nighttime.

Fresh air, daylight, gross motor play and electronics can help to keep the brain stimulated making your child less likely to fall asleep during the day.

What time would your child usually nap?

What kind of activities could you do with your child to prevent this?



Start the activity 10-15 minutes prior to when the nap is usually taking place.

Between the ages of 1 and 3 daytime naps can be a regular part of a child's routine. Try to encourage naps at set times pre 3pm where possible to avoid it having an impact on bedtime. Naps are better taken in the same environment where sleep happens with the same settling conditions as it at bedtime.

Between the ages of 2 and 3 is where the transition happens with nap times, if your child's bedtime is being affected by their nap, try reducing or cutting it out entirely.

*Remember the 'Average sleep' print out, how much sleep a child needs in 24hours. Take naps into consideration when calculating this.



Rewards

A really, really crucial part of your plan is how to reward your child. What works well for them? Instant rewards are much more effective for children.

Reward ideas

*Remember don't talk about anything negative in relation to sleep; this can reinforce any negative behaviours!



Anxiety/Worry

Does your child worry at bedtime?

YES/NO (circle as appropriate)

Does your child talk about their worries/fears at bedtime?

YES/NO (circle as appropriate)

Is it possible to create a safe time to talk about worries or fears earlier on in the evening? At what time could you plan this in?

Remember not to include this in the hour before bed.

Other things mentioned in the video that can help with anxiety at bedtime are a photo of parents/care givers by the child's bed, used items of clothing and used pillowcases (so they have your scent), a special teddy/toy and a 'special kiss that lasts all night long'.

What could you implement for bed to help your child?

Now you have your plan!!!!!!



*Please cross out any sections that are not relevant to your child. This is a working plan for you so make it as simple as you possibly can.

Remember the parent support group that you can join if you have any specific questions or would like support in implementing this plan, this can be at any time throughout your sleep journey.

I have attached sleep diaries for you to use please keep these for at least the first 5 weeks. As I have mentioned throughout, it takes 30 days to create a habit, the diaries will help you to see the improvements that you and your child have made.

Consistency is absolutely key for this to be as effective as possible. Please plan this in for a time in which you know you can be completely consistent. Especially the first 2 weeks of implementation!

In experience I'd expect to see the first 3-5 days being the most difficult in terms of getting your child used to the new routine and battling against it, (most people are absolutely prepared for this). The other difficult period, (that most people aren't prepared for!) is usually around day 9-10 after implementation. Keeping the sleep dairies will help you to highlight this and recognise that it is a common part of putting new routines into place.



Remember sleep is a learned skill, as with any other skill that your child is learning i.e. walking, talking, writing, playing games etc. It takes time, patience and a consistent approach.

Lets teach our children how to sleep and have well-rested and happy households!

Congratulations on the start of your sleep journey! I wish you every success and positive results for all.....

Kerry

x

Sleep Diary

*This can be cross referenced to the Average sleep needs chart for your child's age

	/	/	/	/	/	/	/	/	/	/	/	/
Daytime nap? <i>Time/length</i>												
Time bedtime routine started?												
Time in bed?												
Time fell asleep?												
Night awakenings? <i>How many?</i>												
<i>How long for?</i>												
Time parents in bed?												
Time child woke in the morning?												

Total hours sleep												
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