

The Baby Sleep Solution Checklist

The Baby Sleep Solution Checklist is a list of all the Quick Techniques and Major Techniques that you'll be learning in the audio program. You'll find it useful to print out a copy of the checklist and keep it handy when you are listening to the audio. Use it to tick next to the techniques that you want to try straight away, cross through any that you don't want to try and also make any notes that will help you get off to a quick start.

Quick Techniques

1. Have set times each day for nap times, and for bedtime.
2. Help your baby to differentiate between night and day, sleep time and wake time.
3. Be fun, entertaining and lively toward your child during the day and completely the opposite quiet, unentertaining and possibly even boring as you get near bedtime.
4. Make sure that your baby goes to sleep in the same environment every night.
5. Make sure that the things your baby sees when he or she awakes, are the same each time.
6. Consider introducing a transitional object when your baby is around six months old.
7. Create a set bedtime routine that you and your partner follow every day.
8. Be careful what you give your child, or do with your child as soon as they awaken.

9. Try not to let your baby fall asleep while feeding.

10. Try to create a regular routine for your baby's daytime, including naps, meals and fun and games at regular times.

11. If your baby falls asleep somewhere other than their crib or cot, try to leave them at least 10 minutes before moving them.

12. If your baby is more than six months old, and is still needing a feed in the middle of the night, it is likely that these feeds are for reasons of comfort rather than pure nutritional needs.

13. If your baby is regularly waking during the night, you should check to see if there is a physical reason for this.

14. If your child wakes during the night, and you go in to their room to comfort them, be very careful not to excite them or over stimulate them.

15. If your child tends to wake very early in the morning, before 6 a.m. or so, you should try not to go into their room too soon if they're not crying for you.

16. A tip for slightly older toddlers with sleep problems. Try to avoid using your child's cot, crib or bedroom as a place for punishment.

17. The shhhhhh technique

18. Keep a sleep diary.

Major Techniques

1. The Wait and See Technique
2. The Vanishing Chair Technique
3. The NLP Technique
4. The Rubber Band Technique.
5. The Stopwatch Return Technique.