

Step-by-Step Crib Transition Plan

1. MAKE THE CRIB FEEL FAMILIAR

- Start with short awake time in the crib (play for 5-10 minutes)
- Place a worn shirt of yours nearby (tucked in safely) for scent comfort
- Use the same sleep sack and white noise they're used to

2. BEGIN WITH THE EASIEST SLEEP

- Try the first nap of the day in the crib—it's usually the easiest one
- Once that's going well, move to the second nap and eventually bedtime

3. CREATE A CONSISTENT ROUTINE

- Keep pre-sleep routines the same across locations: short wind-down, feed, white noise, sleep sack, song or phrase like "it's sleepy time"

4. OFFER SUPPORT WHILE THEY ADJUST

- Sit beside the crib for the first few days if needed
- Offer soothing touch, shushing, or your presence without picking them up (unless they're distressed)
- Slowly reduce support over a few nights

5. CELEBRATE SMALL WINS

- Even just lying down in the crib without protest is a win
- Don't worry if it's not perfect—consistency matters more than perfection



🌙 Tips for Success

Keep wake windows age-appropriate so baby isn't overtired

Avoid trying it for the first time at bedtime if naps aren't going well yet

Use white noise, dark room, and a firm, safe sleep surface

! Common Challenges

Crying or resisting? Pause, observe. Is baby tired enough? Is the wake window too short/long? Try again later.

Only sleeping 30 minutes? Totally normal while adjusting. Let it be a learning curve.