



goodtogrow

PEDIATRIC SLEEP COACH +
CHILD DEVELOPMENT SPECIALIST

unlocking your child's potential



Infant to Toddler Checklist For Sleep Training

Good sleep is influenced by many factors. Please look over this checklist to ensure that you are setting your little one up for sleep success!

- Please read www.sleepfoundation.org/children-and-sleep
- If child currently co-sleeps or co-shares room, please make allowances for child to be separate for at least the first 3 days/night of training
- Room set to 68-70 degrees
- DARK ROOM - blackout curtains. I cannot stress this enough! Please test the room during daytime - it should be as dark as nighttime. Use aluminum foil on windows along cracks, etc. if needed (this is also a good for traveling - bring foil in case windows in hotel/guest room do not have blackout curtains)
- White noise machine set to constant white noise - loud enough to drown out sounds in/around home (please test)
- Mattress lowered to lowest position for children 8+ mos. (or younger if they are more mobile). If child can swing leg over crib even with sleep sack, please take off wire platform of crib and put mattress on floor; look for gap between mattress and lower crib rail. If there is a gap please raise mattress using platform
- Sleep sack/swaddle if needed; Good to Grow recommends sleep sack for children 5-12 mos and anytime your child is able to pull to stand in crib
- 2 lovies (one in crib, one to save for car or if lost). Good to Grow recommends Angel Dear Lovey (found on my amazon list below)
- Wi-Fi monitor or ability to Facetime on separate device while texting during live coaching. We will do a test before first nap
- If using Wi-Fi monitor - email back "I agree" to monitor agreement that I will email to you

Check out my Amazon List for helpful products:

www.amazon.com/hz/wishlist/ls/ZP3NA1HO6TJW/ref=nav_wishlist_lists_1