



10 QUESTIONS TO ASK YOURSELF BEFORE SLEEP TRAINING

1. What does my schedule look like for the next 2-4 weeks?

6. Am I prepared to follow the plan for the next 2-4 weeks consistently?

2. Are there any events or trips that may derail sleep training?

7. Have I discussed the chosen baby sleep training method with my partner?

3. Have I researched the different baby sleep training methods?

8. Is the whole family on board and willing to follow the plan?

4. Have I chosen a baby sleep training method that I am comfortable with?

9. Have I discussed the plan with any other caregivers – day care, grandparents etc?

5. Do I know how I am going to implement the method I have selected properly?

10. Am I willing to make the changes necessary for the sleep training to be successful?