

**PRECIOUS
LITTLE
SLEEP**
Academy

WWW.PRECIOUSLITTLESLEEP.COM

Online Educational Parental Training Class



WEEK 1

- Setting up the schedule
- What about sleep hygiene?
- Normal sleep duration by ages
- Building the foundation for success
- Setting realistic expectations

WEEK 2

- Independent sleep at bedtime
- Getting your partner on board
- What to do (and what NOT to do at bedtime)
- Handling night waking
- Big feelings (us and our children)



WEEK 3

- Troubleshooting night waking
- Night weaning
- Handling early mornings
- Schedule tweaks (if needed)

WEEK 4

- Tackling naps - why they're so tricky
- Solid nap foundation: when & how
- Developing a plan for nap sleep
- Troubleshooting naps
- Naps at daycare
- Avoiding inconsistency