



Parenting Genie
A-Z of Parenthood!

Parenting Genie Sleep Training Plan Template



Remember, your Sleep Training Plan should be tailored to your child's age and needs, and consistency is key to achieving successful results.

Baby's Name: _____ **Date:** _____

Parent(s) Name(s): _____

Sleep Training Method Chosen: _____

Goals for Sleep Training:

1. Help baby fall asleep independently.
2. Reduce night wakings.
3. Establish a consistent sleep routine.
4. Improve the quality and duration of baby's sleep.

Notes :

Sleep Routine:

Bedtime: _____ **Nap Times:** _____

Bedtime Routine:

- ☐ Bath
- ☐ Diaper change
- ☐ Pajamas
- ☐ Storytime
- ☐ Soft lullabies

Nap Routine:

- ☐ Darkened room
- ☐ White noise machine
- ☐ Sleep bag/sack



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Sleep Environment

Baby's Room:

- ☐ Cool and dark
- ☐ White noise machine on
- ☐ Safe crib, firm mattress
- ☐ No loose blankets or toys

Parent's Plan:

- ☐ Consistency in response to night wakings.
- ☐ Gradual soothing methods (if applicable).
- ☐ Limit checking on the baby (if following a "check-and-console" method).

Notes :

Any adjustments or observations during the sleep training process

