



Bringing harmony and confidence to your growing family

# 10 Steps Before Sleep Coaching

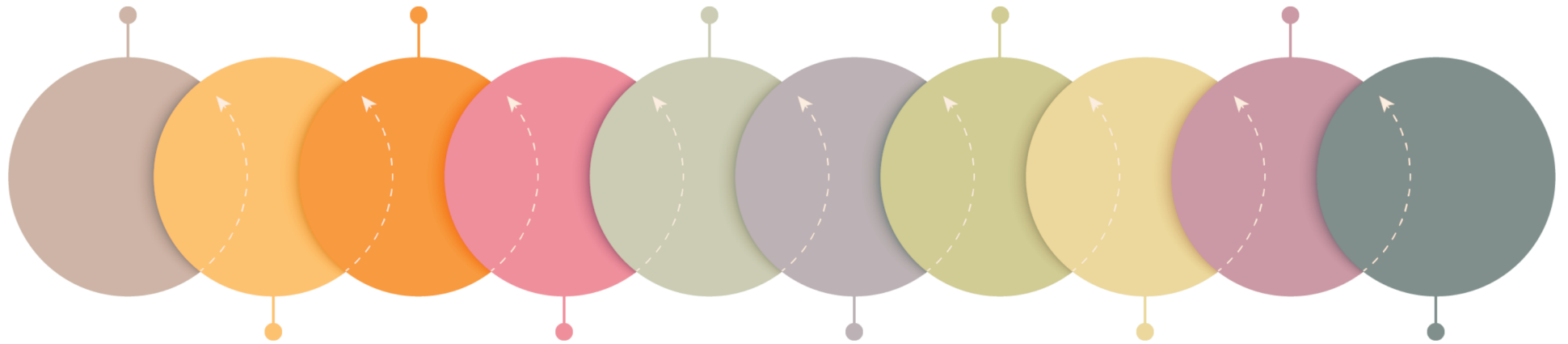
Make sleep a priority

Keep a sleep-and-feeding log

Get your child used to waking up between 6-7:30am

Set the scene

Make sure all your caregivers are on board



Get the green light from your child's doctor

Figure out your child's ideal bedtime

Decide about the pacifier

Create a relaxing bedtime and nap routine

Pick a realistic start date

Call/Text: 206-922-2051 [DoulaDeb@gmail.com](mailto:DoulaDeb@gmail.com) [www.DoulaDeb.com](http://www.DoulaDeb.com)