

6 week sleep training plan

	MORNING	DAY	EVENING	NIGHT
WEEK 1	Wake 7am Lights on, bright cheerful Good morning!	Try to implement Feed - Awake - Sleep for every 3-4 hour cycle during the day	Down for the night 8pm (you can choose your own time here)	Continue as you always have
WEEK 2	Wake 7am	Feed - Awake - Sleep continue working on this cycle each time	Down for the night 8pm	Continue as you always have
WEEK 3	Wake 7am	Feed - Awake - Sleep	Down for the night 8pm	If baby wakes before 7am, tend to as normal and treat as a night wake. Put back down in cot until 7am
WEEK 4	Wake 7am	Feed - Awake - Sleep	Down for the night 8pm	Continue enforcing the 7am wake up time. All wake ups before 7am are treated as a night time wake up.
WEEK 5	Wake 7am	Feed - Awake - Sleep by now you should be very comfortable with this daily routine.	Down for the night 8pm	Try to 'merge' two sleeps together (for more info on this refer to keepitrealmum.com)
WEEK 6	Wake 7am	Feed - Awake - Sleep	Down for the night 8pm	Choose one night wake up and do not feed them. Do this consistently at the same wake up time
NOTES	You will not have success at weeks 5 and 6 if you have not implemented a good routine set out in weeks 1-4.	As they drop night feeds they will take extra calories at other feed times. If your child has any underlying health conditions you must consult a GP first	If your child wakes at 6am instead of 7am, feed, resettle and put back down until 7am. Then start your day as usual. Eventually they'll fall in line with the time you set.	Week 6 is only there for you to do if you suspect your child is waking unnecessarily and you are unable to merge. You may need to let them fuss.