

7-Day Baby Sleep Program

Transform Your Baby's Sleep in Just One Week

Day 1: Setting the Foundation

- â€ Create a calming bedtime environment
- â€ Establish consistent sleep cues
- â€ Begin gentle wind-down routine

Day 2: Building Consistency

- â€ Implement regular nap schedule
- â€ Practice soothing techniques
- â€ Monitor sleep patterns

Day 3-7: Progressive Training

- â€ Gradual independence building
- â€ Gentle sleep training methods
- â€ Track progress daily

Congratulations on taking this important step!

This comprehensive guide will transform your baby's sleep patterns in just 7 days.