

# Assignment B3

## The Components of a Sleep Plan

This assignment will test your knowledge of what goes into a sleep plan. You can refer to the texts “Individualized Sleep Plans” and “Implementing a Sleep Plan.”

Molly emails you about your sleep training services. She has a 6-month-old baby, Kyle, and a 2-year-old, Gina. She has recently separated from her partner, Bryan, and they have equal custody of the two children. Both children are at Molly's one week and at Bryan's the next week. The parents live in separate residences in the same neighborhood and Bryan is willing to attend the sleep training meetings at Molly's apartment. Both children are sleeping in the same room in Molly's small apartment. At Bryan's place, they have separate bedrooms.

During your initial emails and the first consultation, you learn that when the children are at Molly's place, Kyle currently has the same bedtime as Gina. Both children are put down around 9:00 p.m. after sharing a bath. While at Bryan's place, the children are usually put down by 8:30 p.m., shortly after Bryan feeds them dinner. Both caregivers find that Gina doesn't settle for the night and is keeping Kyle awake.

During the night, though, Kyle is the fussy one. He awakens at least twice per night, usually for at least one feeding, and often wakes up Gina. The parents immediately pick up Kyle, rush to get him fed and rock him back to sleep, hoping he will soothe before Gina wakes up. Both children struggle getting up at 7:00 a.m. in time for daycare and the caregivers are exhausted every day at work. No one in either house is getting much sleep.

Neither caregiver has tried any sleep training before, and they heard about your services through a friend. Gina slept through the night regularly by 4 months and the parents had no issues with keeping her to a routine until Kyle was born. Molly specifically wants your help in creating a sleep plan for Kyle.

1. What will be the overall theme of your sleep plan based on this family's situation?
2. Identify 3 goals you might suggest to the caregivers for the sleep plan.
3. Consider what sleep training method you might suggest for Kyle and briefly explain your choice.
4. List 4 sleep plan recommendations you might include in your sleep plan.

5. Briefly explain how you might acknowledge the presence and habits of Gina in Kyle's sleep plan.

6. List 2 things from the sleep log that will be especially important to track for this family.