



Moving on from bed sharing, a how to guide.



BED SHARING TO BIG BED. HOW TO?

Help I've been bed-sharing and now my toddler needs to transfer to a big bed, what do I do?

First things first.

We need to understand that it's not just a new bed to sleep in, it's changing a sleep association; unless you plan on sleeping in that big bed with them, they are learning to sleep alone.

For the last 2-3 years you have been their sleep association, the thing they associate with falling asleep and getting back to sleep throughout the night.

This transition is huge and requires patience, consistency, and understanding.

I work with a lot of parents in this phase of life and it's common to see them frustrated and over it. This, unfortunately, makes the transition more complicated than it needs to be.

You will likely be a bit more tired than if you keep bed-sharing. This is because you likely don't wake much sharing your bed with your toddler, so you're not even aware of those sleep cycle transitions. But once we move them to their own bed, they might call out, cry out, or need you to help them learn to move through those sleep cycles at night.

This means you'll be woken more, depleting your ability to be patient when you need it the most!

None of this is to put you off, just to make you aware of the reality of this situation so you can lean on your partner or support, and give yourself grace for the couple of weeks this transition will take.



Set the scene days 1-3

First thing you need to do to start this process is prepare the bedroom and bed where your toddler is going to be sleeping. I suggest you make this move as positive as possible, by making the room inviting to your toddler.

Can you get their favourite colour bed spread, a night light, comfortable pillows, their special soft toys, and some books, we want them to want to be in this room!

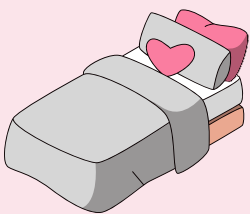
As you set it up try to involve your child in this process and talk in a positive way about the room and the bed.

Set the scene

Day 1

Day 2

Day 3



“This bed is so comfy, I bet you will love sleeping here.”

“Look at these lovely books you can read in bed.”

“Wow your bed is so soft; lie down feel it!”

“You look so happy in your bed, look at that big smile”

Not only are we physically setting the scene we are metaphorically setting the scene by priming your child to want to sleep in this room, and keeping things positive.

During this setting-the-scene process you need to have lots of conversations with your child about how this is their new room and bed, and this is where they are going to sleep from now on.

This needs to be a conversation you have 20+ times over the course of a few days with your child, it can't be a one-off, or they simply won't get used to the idea.

If they react negatively to the idea of sleeping in this room/bed and not with you here are some responses to consider.

“no no no I sleep with you.”(Angry) Any kind of tantrum behaviour: this is your toddler testing you to see how serious you are, and how consistent you will be.

I recommend you don't get too involved in trying to please them, or convince them at this point.

Ignore and pivot

Try a little distraction (pivot), ask them to help you stack the books, or tuck in the sheets.

Bring it up again in 5-10 minutes, remember we need to talk about this transition lots!

Reacting to their no no no angry outburst with attempts to change their mind or convince them is only likely to fuel the behaviour and not work in your favour at this time. If you instead choose the ignore and pivot model as described above, you should notice in a few days that your child starts to react more positively to their room and the idea of sleeping in there.

Upset: If they become genuinely upset about this idea acknowledge how they are feeling but don't try to offer solutions. The change is happening, and the feelings and emotions are real. They have to feel all these feelings, and you are there to support them but not change your mind on the decision, or try to convince them it's a great idea.

They will slowly come around.

Acknowledge

You might say things like...

- “It’s a big change isn’t it.”
- “Do you want a hug?”
- “I see you’re feeling sad, do you want to sit here with me?”

The idea is to maybe identify and help them name their feeling, acknowledge it, and offer support, (hug, sit with me, cuddle).

But not solve the feeling away by convincing them despite them crying and feeling sad, their feelings are wrong and they will actually be ok.

They’re not there yet.

They will get there.

But right now, we are just acknowledging their emotions, but staying consistent in our plan to make the move to stop bed-sharing. If we try to convince them they will be fine, we are entering into a negotiation and right now your toddler firmly believes they won't be fine!

So you won’t win this negotiation.

We need them closer to the line, and they will get there with some role-play and positivity.

Role Play

Days 1-16

Role play the bed time routine



Role play is where we show your toddler what is going to happen at bedtime and through the night. This is super important as for months or years, all they know is sleeping in your bed, and this is the only way they know to go to bed, go to sleep and go back to sleep.

Our children watch how we eat, drink, talk and behave.

We often only think about the bad habits our children pick up from us, such as swearing. But our children learn so much about life from us.

Children often need to observe a parent on the toilet as good role modelling for toilet training, we sit down and eat family dinners to role-play how to eat with cutlery and sit nicely.

Yet we don't think about consciously role-playing bedtime, or good sleep routines.

When does your toddler observe you falling asleep?

Or a sibling falling asleep? Yet we expect them to know what it is we expect and we get frustrated when they don't!

Role-playing the new way helps to form ideas, and memories and show your child exactly what to expect, so at bed time, the idea is not new.

Pick a soft toy to do the role-play with. Not the toy your toddler wants to sleep with.

Make a bed on the floor for your toy, involving your toddler, this can be as simple as a pillow case (soft toy sleeping bag!), on the floor, or as elaborate as you like with pillows, blankets, sheets, and all the frills.

Explain that this is a new big bed for the toy, just like your big bed and point to their new bed.

Explain to the toy that they will be sleeping in this room, in this bed from now on, and it is great, the room is cool, the bed is very comfy and they are a big boy/girl now.

Then once you have made the rules poster with your child, you can explain the rules to your toy as well. I suggest you also ask your toddler to explain or recite the rules to the toy. If they are young, and can't yet say full sentences, I say the first bit and have them say the last word.

I say "Stay in.." They say "bed."

I say "Be" and put my finger to my lips, then say "quiet or shhh."

I say "Close your" and point to my eyes, they say "Eyes."

If you follow the sequence set out and do this on days 1-3 you have 2-3 nights of role playing bed time and tucking your toy in for the night. You can do this at 4pm or normal bed time, it doesn't matter, do it when it works in your house. You can go as far as reading a book, tucking them in, saying good night, reminding them of the rules, and leaving the room.

In the morning go into the room with your toddler and either put a sticker on a little sticker chart you make for the toy, or on their "hand" praising them for staying in bed all night, and being nice and quiet with eyes shut.

We are role-playing, what we expect, the rules and what happens if they follow the rules, the rewards! Let your toddler give out the stickers, and praise, and high fives.

Celebrate the success of the toy so your toddler sees all of this and wants in!

Continue to celebrate and role-play with your toy even after you move your toddler into that room too. You will be doing role play for a good week or 2 to help this sink in.



Rules

Days 1-16

Create a bedtime rules poster on day 1, and use this on nights 1-3 as you role play bedtime, and then on night 4 when your toddler moves to their own bed start to use it for them.

Great for impulse control with the new big bed, and the big change of moving on from sleeping with you in your bed, to their own bed in their own room.

Creating a bedtime rules poster is a very important part of establishing new clear positive boundaries for your toddler, and the toy we are role playing with.

Children need these clear boundaries as they will exert their will against so much in life, it's actually exhausting for them, and many will find it a relief for you to give them clear expectations around their bedtime routine and night sleep.

Bedtime rules should be phrased in the positive, not the negative.

A positive rule states what to do, and negative rule states what to not do.

Bedtime rules should be simple and clear.

Stick to 3-5 rules maximum.

Allow your toddler to choose 1-2 rules within this 3-5 rules.

If your toddler is at the extreme end of challenging behaviour and you think they will struggle to follow the 3 golden rules, give them one you know they will follow to provide you with the opportunity to praise them immediately. An example of this might be, put your PJs on. Or brush your teeth, or something fun like: choose 3 books.

3 golden rules

- 1** Stay in bed.
- 2** Be quiet as a mouse.
- 3** Close your eyes.

I use the positive term, 'stay in bed' as opposed to 'do not get out of bed' because children tend to hear the 'get out of bed' not the 'do not part of the phrase'.

I ask them to be as quiet as a mouse, as they like making a mouse face with their fingers as whiskers by their nose and saying “eek eek” when we talk about this rule. Just another opportunity to be positive with children as we make this big change.

I say ‘close your eyes’ as opposed to ‘go to sleep’, as no one really knows how they go to sleep, and some children can develop anxiety around this as they feel they don’t know how to do what you are asking them.

But closing your eyes and staying in bed usually results in sleep!

These rules are also helpful for early risers who maybe aren’t tired enough to return to sleep at 6.30am, but it is not unrealistic to ask them to stay in bed until 7am, be quiet, and close their eyes.

Obviously, we don’t police ‘close your eyes’, but it’s a good rule.

Examples of rules your toddler can choose for themselves to give them the feeling of ownership over their rules, as the feeling of some control over a very strict situation.

- ★ I get 3 bedtime stories.
- ★ I get bubbles in my bath.
- ★ I get 2 kisses each night from mum and dad.
- ★ I get to choose 2 toys to have in bed with me.
- ★ I get my drink bottle filled up.
- ★ I choose my pyjamas.
- ★ I get a cup of milk after my bath.

Examples of rules you could incorporate that your child could easily achieve in order to get immediate praise within the bedtime rules.

- ★ Have a bath.
- ★ Put pyjamas on nicely.
- ★ Brush your teeth nicely.
- ★ Put teddy to bed.
- ★ Eat some dinner.
- ★ Shut your curtain.
- Pull the bath plug out.

When you are role-playing these rules, tell the toy at bedtime with your toddler what the rules are, point to the poster, and leave the room.

When you move on to using it with your toddler you will be telling both the toy and your child the rules, they can be the boss of the toy, and tell them the rules, or help you tell them, and you can help remind your child of the rules.

They are in it together, both your toy and your child trying to follow the new rules. It's nice for your toddler to not feel alone in their new room, and be part of a team.



Rewards

As parents, motivating our children to do things we want them to do can be a challenge. It may be tempting to resort to bribes and rewards, but it's important to understand the key difference between the two.

Bribes are often given in the heat of the moment, during negative behaviour. For instance, if our child is throwing a tantrum, we may offer them a treat to calm them down. However, this reinforces negative behaviour and can create a cycle of misbehaviour.

Bribes



Given in the heat of the moment during negative behaviour.

Rewards



Predetermined and agreed upon beforehand.

On the other hand, rewards are predetermined and agreed upon beforehand. They are given only after positive behavior is displayed, reinforcing the connection between good behavior and rewards. For example, we can tell our child that they will receive an ice cream cone once they clean their room or after they behave well during a doctor's appointment.

While it may be tempting to resort to bribes, focusing on rewards can lead to better long-term outcomes. By communicating expectations and reinforcing positive behavior, we can encourage our children to develop good habits and behaviors.

Why Children Need Rewards

Rewarding your child for every little thing they do is not ideal. But it can be beneficial to offer incentives when they accomplish tasks that are challenging or less enjoyable, such as staying in bed when they don't feel like it.

Just like children, adults also need motivation and rewards to accomplish tasks. As humans, we respond to incentives, and we are more likely to engage in certain behaviors if we know there's a reward waiting for us. For instance, many of us wouldn't be willing to work overtime without being compensated.

Applying the same principle to children, rewarding them can have a positive impact on their behavior. However, it's important to find the right reward that's appropriate for the task at hand. Let's explore some strategies for selecting suitable rewards for your child.

Rewards are a clear positive consequence for following a pre-arranged set of rules or expectations, and these rewards are not mentioned when the undesirable behaviour is occurring.

Some people feel rewards are an undesirable way to parent, and that you are teaching your child to only behave in a certain way for a reward. But expecting a 1-4 year old to have an intrinsic motivation to stay in bed is not only unrealistic, it's not age appropriate.

Humans as a species behave and respond to rewards. You watch too much Tik Tok because your brain is rewarded with dopamine, you go to work because you are rewarded with a paycheck. You don't break laws because you fear the consequences, and you carry out acts of kindness because you are flooded with feel-good hormones as a reward.

Rewards activate a special pathway in the brain, this leads to your child feeling good, and wanting to seek out this stimulus again tomorrow!

Humans respond to rewards like food, music (toddler dance party before breakfast!), social contacts (high five, praise,) and affirmations, self or external.

Looking at this list you can see the expensive toys aren't listed, even if your toddler needs to get 10 stickers before the "big prize" the daily reward of a high five and affirmations are actually more powerful than the price of the toy or activity at the end.

How often we reward and when we reward is called by psychologists' schedules of reinforcement, and these influence how likely your child is to engage in the behaviour again. (Like staying in bed all night!)

If we are looking to teach a new behaviour like sleeping in their own room and staying in bed, and sleeping without you, the best kind of reinforcement is continuous reinforcement.

This means reinforcement every time the behaviour occurs.

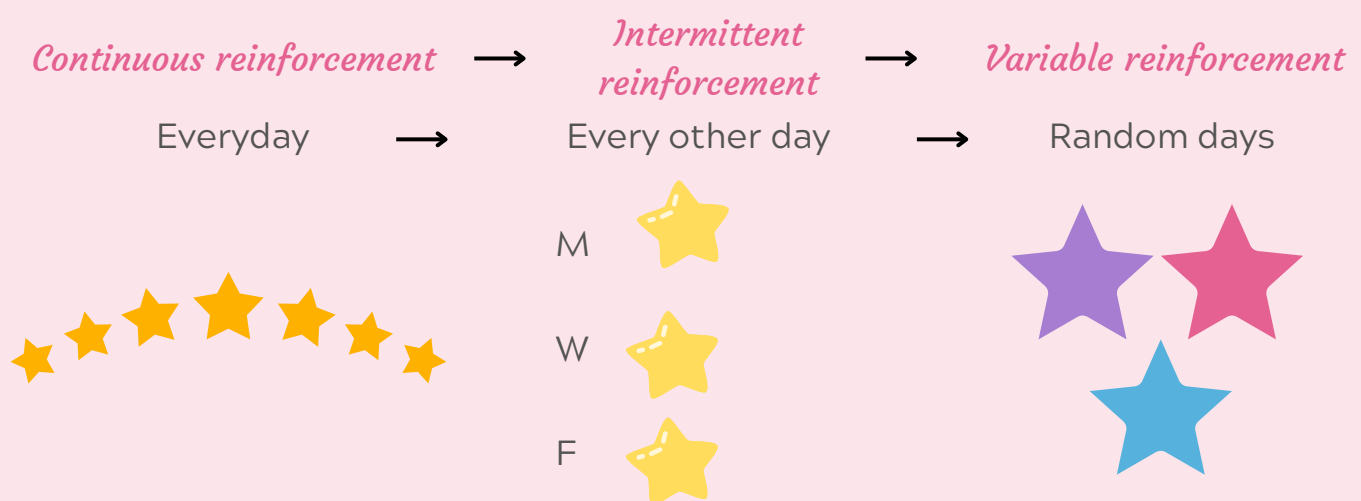
Once this new behaviour is more of a habit, changing to intermittent reinforcement is the strongest way to maintain this behaviour. Every other day.

After you see the new sleep behaviour is more settled, switch to a variable interval. Sometimes you reward once a week, sometimes twice and sometimes 3 times! You can extend this out as your child gets better and better until the high fives or stickers are once a fortnight and the dance party is once a month.

Essentially your toddler doesn't know when the reward is coming, so they stick with the rules.

The behaviour also becomes a fixed habit that doesn't require a reward after a couple of months.

Psychologists describe this as resistance to extinction.



Let's look at the argument against rewards...

Some parents argue that rewards kill a child's inner drive and makes it hard for parents to keep up.

But thinking about the simply change of staying in their bed all night, what is your toddlers motivation to change? It only bothers you that they come into your room and wake you up....

Parents worry that their child will grow up relying on external sources for joy, I would argue that this is about balance.

External rewards are powerful, use them wisely!

Teach your child to comply to simple requests day to day. Teach them to take pride in themselves which teaches intrinsic motivation. Affirmations from you can teach self-affirmations, which can encourage pride and joy in the art of doing the hard thing, or the right thing without an external reward.

Some parents will tell you they had to continue to raise the stakes when it came to rewards to get any response from their child.

This is likely due to 2 reasons.

The rewards were purely physical and didn't have any affirmations with them. Or they didn't switch to a variable interval once the behaviour changed.

The final reason why rewards may seem to not “work” or need to be raised, is that the child has no consistency day to day with having to comply to reasonable expectations.

A child who is never told no, or who is always allowed to control the day, or the parent won't respond to a simple reward chart.

There are no consequences in their life, so rewards have to be big to have any impact.

Where as the child who knows that no means no, and that a request to tidy up the toys is followed through on by the parent, also responds to rewards.

We never say “remember your sticker chart? You won't get a sticker if you get out of bed one more time” - that's a threat.

We never remove a reward or tell a child during undesirable behaviour that they no longer qualify for their reward. - That's negativity and doesn't usually do anything except frustrate and upset your child more.

We never remind a child during undesirable behaviour “Come on darling stay in bed, mummy will give you the sticker in the morning” - that's a bribe.

Rewards can be your child's currency if you know their currency..... Do they thrive on positive praise and high fives?

Do they love Paw Patrol?

Stickers from their favourite Netflix character can be a great incentive and are often as cheap as \$2.

Do they want your time?

Create a sticker chart, where 3 stickers gets them a one-on-one outing to the park, or pool with you and only you!

Print a visual picture of what they will get, or draw a picture together, so everyone is clear on the reward and the process to get there.



Popular rewards with my clients:

- Stickers or stamp charts as explained above (never ever remove a sticker for poor behaviour).
- Immediate morning rewards for younger toddlers such as sticker or stamp on the hand.
- 1 m&m in the morning.
- Star shaped toast for breakfast.
- Pancakes or a special breakfast in the morning.
- Wish stones (magical wish stones).
- A piece of Lego needed to complete a Lego set.
- Tokens to redeem for new bed time stories.
- Coins for a small container to spend in the weekend at the \$2 shop.



Children under 3 usually do better with immediate rewards as they struggle with the concept of time, so explaining that “this weekend” we’ll go to the pool is often not effective, but a sticker of Bluey is.

When you phase out the rewards, don’t phase out the positive language and behaviour, this is always effective!

Any reward needs to be accompanied by positive language such as “hey buddy you are awesome, look at you! Staying in bed all night. Wow you did so great! Look at you, you little superstar, staying in bed all night! I am so proud of you! You are so clever, I knew you could do it! High five, come and have breakfast!”

Without the praise and over the top acknowledgement, even the biggest present and reward can fall flat.

Your strong-willed toddler is used to being told ‘no’ and is used to you being frustrated at them. They want to please, and they love hearing they have done something right!

Build them up as much as you can, as life tends to try to push children down!

Do a dance, celebrate their success, this IS a big deal for them!

Understanding toddler behavior

The biggest issue parents phase with moving their toddler from their bed to their own bed and their own room, is fear of your toddler's response, and not having a clear plan to deal with this.

It's normal for your toddler to not like change, and not like that you are saying no to them sleeping in your bed. But saying no is a boundary and eventually clear consistent boundaries create secure child.

Many clients whom I work with struggle when their toddler becomes upset and starts to display challenging behaviour such as hitting, yelling, crying, throwing things, and more.

The key to success here is to understand that this is normal and just the way that your toddler is A. testing the new boundary you have put up and B. Communicating.

Testing the boundary, think about them physically throwing things at a wall which the boundary you have put up. If them hitting, screaming, yelling, is them throwing things at the wall, then you want your wall to be strong enough to not fall over. When you give in and say “Ok come back to my bed.” Or start to bribe, you have built a weak wall, it’s falling over and your toddler knows this. Now they are confused as to why you built the wall in the first place, and they’re not secure in that when you say this is a boundary it really is.

Instead, build a strong wall!

When they hit, scream, throw things and yell, the wall hold strong.

You might wait them out, in their room sitting on their bed, or outside their room if it feels safer and you are calmer.

You can offer a cuddle when they are ready for it and seem calmer.

Then carry on with bed time, the wall is strong remember!

When we consider B the communication, we can be really consistent in our response. Their communication via their challenging behaviour, what are they saying?

- “I’m confused?”
- “I’m unsure about this!”
- “I’m mad you have changed things on me.”
- “Are you serious? I need to know you’re serious?”
- “I never do what you ask, and this is no different.”

When we consider their actions as communication, we can formulate a nice consistent response.

- “I know this is confusing but remember the like teddy this is your sleep room now.” And you can be confident as you have done 3 days of role play and bed time rules before this transition.
- “I am going to sit right here while you fall asleep, you wont be alone tonight.” See the stages that follow this later on.
- “I see you’re mad, this is a big change, I get it. Now lets have a cuddle and read some stories.”
- “This is your new sleep room.” And you can be confident you have made this clear in the lead up with role play and rules, and setting the scene.
- “It is bed time, this is where you will sleep, I love you.” This might be the first boundary you have set up and stayed consistent with. The more consistent you are, the easier this gets.

Transition phase 3 days

Days 4-6

Because moving to their own room is a BIG change, I recommend for the first 3 days you sleep over with them on a mattress on the floor.

They are in their bed, not the mattress with you, but you stay all night with them.

If they wake in the night, reassure them you are there, and they need to stay in their own bed.

Let them know these sleepovers are just for 3 nights.

You could use a visual cue for this, and cross off each night as your toddler gets used to their own bed and their own space.

If they try to sleep with you in their own room, you will need to put them back in their bed consistently. This should get better each night if you are consistent, and don't make a big fuss in the night.

You can choose to remind them in the morning that they need to “stay in bed”, as per the rules chart.

Chair phase 7 days

Days 7-13

7-9 Days

10-11 Days

12-13 Days



After your 3 nights of sleepovers, it is time to pack up the bed, and bring in a chair. Explain to your toddler that you will sit here while they fall asleep as long as they stay in bed, but you will be sleeping in your own bed each night.

Explain if they get out of bed you will have to leave until they are ready to get back in bed. When this happens, you can say “I have to leave now, I will sit here when you are ready to stay in bed.”

Some children with this one reminder and you getting up quickly jump back into bed and go to sleep (great you can sit back down!). Others will try to follow you out. If they follow you out, do a silent return.

Say nothing and hold their hand bringing them back to bed.

Pop them back in bed and return to your chair. If they get up again, don't repeat the phrase "I have to leave now, I will sit here when you are ready to stay in bed." Just attempt to walk out and see if they hop back in bed.

They are testing how consistent you will be.

You might find this cycle continues, that's ok. Carry on with leaving, silent returns and use the phrase "I have to leave now, I will sit here when you are ready to stay in bed." Every 5-10 minutes only.

If they don't follow you out, but don't get back into bed, leave the room for 5 minutes, then return and do a silent return popping them back to bed, and attempting to sit on your chair again.

We will spend nights 7, 8 and 9 on the chair right at the bed.

Nights 10 and 11, move the chair across the room, almost in the middle between the bed and the door. Sit here instead on these 2 nights.

The final nights 12 and 13, your chair is right at the door.

This gives your toddler 7 nights to get used to you moving further away but still being there when he/she falls asleep.

If he wakes in the night and calls out, or comes out (do a silent return if he/she comes out), take them back to bed, and return to your chair. Bring a blanket!

Either wait for them to fall back to sleep, or wait 5 minutes then say quietly “Mummy is going back to bed now, good night.” And leave.

Both strategies can work, depending on the child.

We would want to see less night wakes as the nights go on.

If they are not becoming less frequent you might need to be more strict in explaining the “be quiet and stay in bed rules”.

Remember if the rules are broken we don’t do a reward in the morning.

You might also need to do less in the middle of the night, either no more sitting on the chair in the middle of the night, or just using silent returns or any incidence of getting out of bed, and just a check and console for any callouts.

A check and console means you wait 5-10 minute and if they're still upset or yelling for you, you do a quick check they are safe, and a quick verbal console, "shhh you're ok, it's sleep time." And leave for another 5-10 minutes.

Pop away's from the door

Nights 14-16

You no longer sit on a chair at the door inside their room, the chair is gone! It has been 2 weeks of preparing and transitioning your toddler. If you have been consistent and calm, and avoiding bribes you should be almost there with a great transition.

I suggest the last 3 nights you close the door 7/8ths of the way shut, and stand outside and say "shhhh sleep time, I'll be back to check in a few minutes."

Then walk away for a few minutes

We call this a pop away.

Pop back after a few minutes and just do a "shhhhh good boy/girl"

Pop away for a few more minutes and return with just a "shhh"

You should be able to leave for longer and longer times over the night until they fall asleep, and over the 3 nights, you can leave for a longer period at the first pop away.

They start to fall asleep just knowing you will come back. Confident in your consistency.

If they wake in the night and come out, use a silent return, or 20....

If they don't come out, but cry or call out, use a check and console.

Silent returns

I can't tell you how many phone calls I receive from parents saying they have tried silent returns and they don't work.

Silent returns are not magic, they are not a way to force your child to sleep, or a way to assist your child to sleep like patting and rocking.

They are a consequence for getting out of bed. They do not work in 2 situations predominantly

1. The child has not yet developed impulse control, which usually occurs close to 3 years old. They view silent returns as a fun game to play with mum and dad late into the night until they get so upset and over tired they can't sleep. If your toddler laughs at you during silent returns, they think this is a game, and you possibly need to hold the door shut for 10 minutes to show them this is not a game or try a different approach from the list below.

2. If the parents are not doing silent returns silently. Now I know this sounds logical right? Silent returns mean silently. But this takes a LOT of resolve from us parents in an especially stressful time when we just want to yell or scream or beg, just a little....imagine your toddler just got out of bed for the 54th time. You are likely to speak right? But don't. Toddlers thrive on attention. It is like oxygen to their fire. We need to starve that we fire at this time, not feed it. So do not speak one word. Not one....the entire time! Your toddler will probably ask you questions, beg you to talk, say "Why you not talk mum?", this is them trying to engage with you, and your job is to hold that poker face, bite your tongue and put them back to bed with no sound.

How exactly do you do a silent return?

Carry out your positive bedtime routine as you have planned from this guide.

Leave the room, but if you are fairly certain they will get up, don't go too far.

Wait outside their room out of sight. We don't want them to make it all the way to the lounge or kitchen looking for you. As soon as they appear at the door, pick them up and pop them back to bed.

If they are too big to be carried, you can frog march them, just turn them around and gently guide them to their bed. Don't say anything!

If they get back out and start to run towards the door as you leave, you repeat the above and take them back to bed as many times as you need.

If they are running you will need to catch them before the door.

If they start to kick you or hurt you in anyway, this is not acceptable behaviour in any circumstance, you do not have to stay and expose yourself to this. You have done all the positive steps leading up to bedtime, at this point I suggest you confidently remove yourself from the room, knowing you prepared the room and it is safe. Shut the door and keep it shut for 10 minutes.

If they calm down in this 10 minutes but they are not back in bed (likely at the door begging you to open it or crying for you to return.) You would open the door, and pop them back to bed. If they are emotional, you can give them a cuddle as you do the silent return. But stay silent, trust me on this. We are meeting their emotional needs, but not engaging as it is sleep time.

If you don't deal with kicking or racing you to the door, but your toddler just keeps appearing at the door, don't panic you are on track. You simply carry out these silent returns as many times as needed for your toddler to stay in bed.

We have had several clients get up close to 100 silent returns on night one. But carried out successfully night two is usually an 80% reduction in silent returns. Knowing this, and knowing you have a toddler, have a discussion in your house if dad is better suited to this, as it can be quite physically demanding.

Just between you and me, if you carry out 100 silent returns, go and pour yourself a well-deserved drink, or crack open the good chocolate, you deserve it!



Consistency over time

The most gentle form of parenting is the most consistent. Consistent is clear, and not confusing. It results in less tears in the long run, and happier children.

The hardest part of this program is the consistency required over the 2 weeks of the plan. It is a big change and big changes take time.

When you find yourself feeling frustrated remember how long your toddler has been bed sharing for, and that you are changing all this in just 2 weeks!

Give them a little grace and give them this 2 weeks of your consistency and enjoy the solitary sleep you get as your prize afterwards!

	Scene Set	Rules	Role play	Rewards	Sleep over	Chair - bed	Chair - room	Chair - door	Mum outside	Silent returns
Day 1	✓	✓	✓	✓						
Day 2	✓	✓	✓	✓						
Day 3	✓	✓	✓	✓						
Day 4		✓	✓	✓	✓					✓
Day 5		✓	✓	✓	✓					✓
Day 6		✓	✓	✓	✓					✓
Day 7		✓	✓	✓		✓				✓
Day 8		✓	✓	✓		✓				✓
Day 9		✓	✓	✓		✓				✓
Day 10		✓	✓	✓			✓			✓
Day 11		✓	✓	✓			✓			✓
Day 12		✓	✓	✓				✓		✓
Day 13		✓	✓	✓				✓		✓
Day 14		✓	✓	✓					✓	✓
Day 15		✓	✓	✓					✓	✓
Day 16		✓	✓	✓					✓	✓

If you need some support over this time, you can book a weeks phone support with our consultant team [HERE](#).

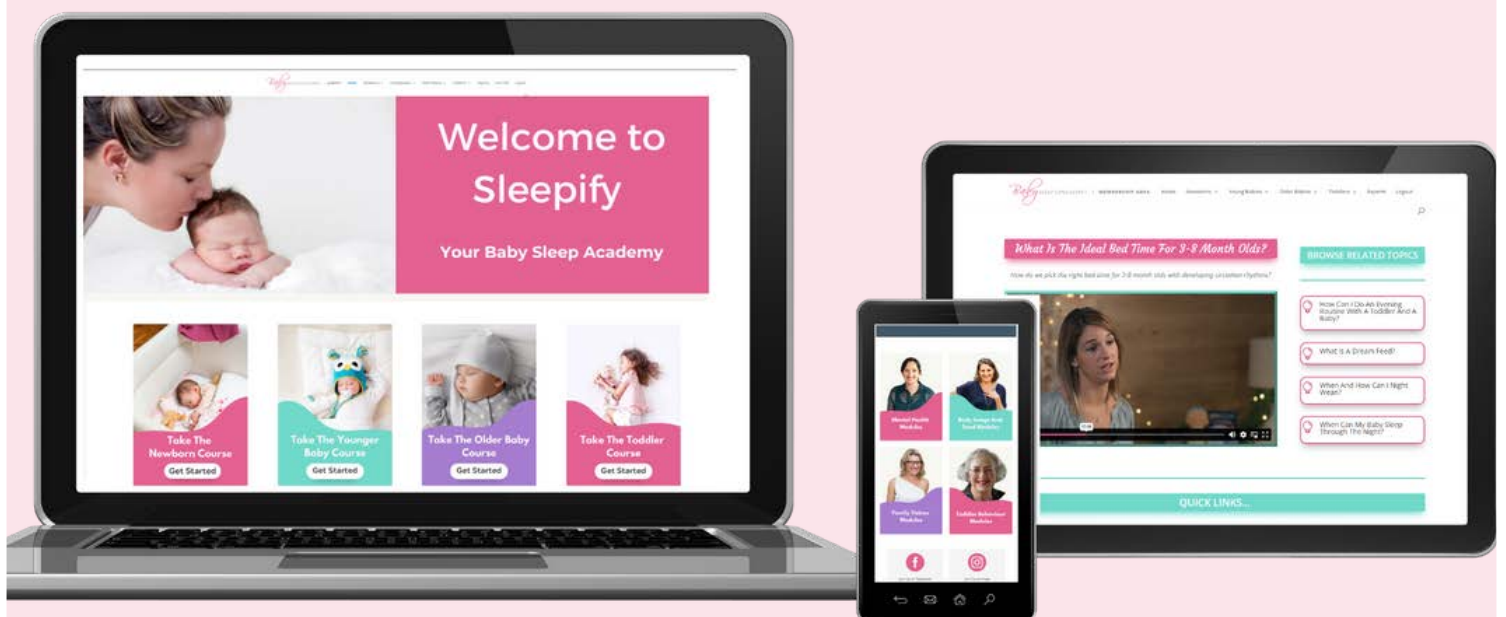
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Author

Emma Purdue is the owner and founder of Baby Sleep Consultant NZ and Australia, Happiest Baby on the Block educator, and Mother of 3. She has a Bachelor of Science and a Diploma in Education from the University of Auckland.

Her approaches in child sleep have led to developing an international training company, certifying and training sleep consultants worldwide. www.babysleepconsultanttraining.com

Emma's team of consultants has helped over 100,000 tired parents around the world; they understand sleep in all areas, as well as parental stress and the emotional challenge we face as parents when trying to improve our children's sleep.

It's not easy and you only want what's best for your child. The Baby Sleep Consultant Team have many free resources on our website in addition to this sleep guide www.babysleepconsultant.co

We have live sleep Q&A on our Instagram every Sunday <https://www.instagram.com/babysleepconsultant/> join us for one soon!

If you need some one on one assistance we offer phone, email and home consults, please get in touch
admin@babysleepconsultant.co.nz