

CARE LIKE SAR

Free Guide to Better Sleep Tonight



www.carelikesar.com



Hi

Mama!

I'm so glad you're here

I started Care Like Sar for mamas like you! As a mama you want to do any-and-everything that's best for your baby. But that can feel hard to do when you're absolutely exhausted or unsure exactly how to help.

I've been there, it's 3 AM, and the 4th time you've been up that night. You're sitting in the dark with your crying baby-crying yourself, lost on what to do.

You're not alone! I've been there, so many of us have.

There is a better way, one where you can feel rested and empowered to be the best mama to your baby.

I'm so glad you're here and you've taken the step to download this guide to start bettering your sleep journey. My goal is for you to enjoy your whole journey of motherhood- not dreading the nights or living on your next cup of coffee. Start here with my Free Guide to Better Sleep Tonight!

Cheers to better sleep,

Founder of Care Like Sar

Let's get you better sleep!

01 GET A SOLID BEDTIME ROUTINE

Simple yes, but so much more important than you may think!

02 FOLLOW WAKE WINDOWS

Remember waking up after an all nighter? Well, you may be feeling that right now, and for that I am so sorry. Wake windows will help keep your baby from experience similar feelings.

03 PAUSE BEFORE YOU JUMP

Probably the most challenging step of all. In here I'll talk about practicing waiting before you respond.





Get a solid bedtime routine

Create a simple, yet consistent bedtime routine for your baby. It's the first step to helping your baby develop good sleep habits. Your baby is going to thrive that much more when they know what to expect next.

As you walk through each step of your baby's bedtime routine, your baby's brain will also be preparing to wind down to sleep.

WHAT TO KEEP IN MIND:

- ✓ Keep it short and simple, around 15-20 mins
- ✓ **Start** with the last feeding of the day to break up the association of eating and sleeping
- ✓ Keep the routine order as consistent as possible

**FOCUS ON CREATING GOOD SLEEP
ROUTINES OVER STRICT SCHEDULES**

Bedtime Routine Example



TRY MY BEDTIME ROUTINE:

- 01** Last bottle or nurse of the day
- 02** Give a bath (if it's due) and get into jammies
- 03** Read a little bedtime story
- 04** Set the mood- lights out and sound machine on
- 05** Kiss goodnight!

**STRIVE FOR
BEDTIME TO BE
BETWEEN 7-8 PM**

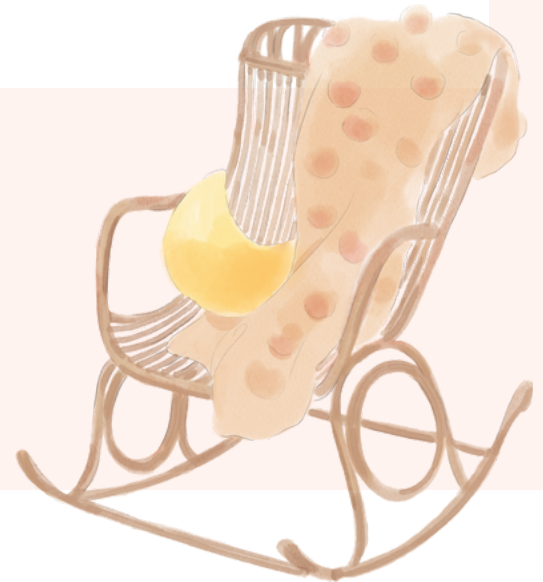
See? You don't need to over complicate this. Keep it simple and consistent, making sure you feed your baby first! You want to offer the opportunity for your baby to put themselves to sleep, not nurse them to sleep.

Bonus: if not already, practice lying your baby down calm and awake to fall asleep



Follow Wake Windows

Let wake windows guide your baby's sleep life, not run yours



Wake windows are the length of time between your baby's naps.

I like to think of them as the time your baby is able to be up before needing a recharge. So many people think that sleep training comes with a strict schedule, and that isn't true.

In the beginning I suggest being pretty regimented until your baby gets into a routine and a natural schedule emerges. After that happens, you will be able to be more flexible about wake windows and nap times.

Wake Windows by Age

AGE	WAKE WINDOW
0 MO	1/2 HR- 1 HR
1 MO	1 HR
2 MO	1 1/4 HR
3 MO	1 1/2 HR
4 MO	2 HR
5 MO	2 1/4 HR
6 MO	2 1/2 HR
7 MO	2 3/4 HR
8 MO	3 HR
9 MO	3- 3 1/2 HR
10 MO	3 1/2-4 HR
11 MO	4-5 HR

give or take 15-30 minutes for each window

Hit Pause Before You Jump In!

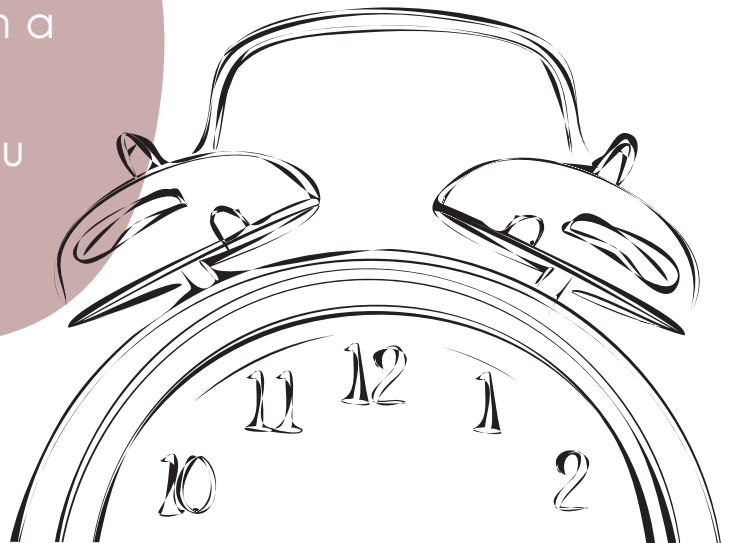
Heres what I've learned early on as a mom, you're doing good by not doing everything for your kids.

What do I mean by this? You empower your babies when you allow them to learn skills for themselves. A great example for this is **sleep**. When you give them the space to learn how to sleep without your help you're doing so much good for them- and you.

This means even when they cry.

And no, I don't mean leaving them to cry or cry it out, but allowing them the chance to soothe without your immediate rescue.

So pause before you jump, even if it starts with 30 seconds, then a minute the next time, or eventually 5 minutes before you jump in!



Still struggling with sleep and would like 1:1 support?

[SCHEDULE A CALL](#)

[EMAIL ME DIRECTLY](#)

I've been in your shoes and I can promise you better sleep is possible. If you would like more help getting consolidated sleep for your baby please send me a message! I started sleep coaching for moms just like you. Better sleep is possible.

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