

Toddler

Sleeping in your bed?



01.

SET UP A SEPARATE SLEEP SPACE

Set up a twin bed next to yours using a bed frame you already have if possible, some metal slats, and an affordable twin mattress. The bed should be about a foot off the ground, so in the unlikely event they fall, it wouldn't be far.



02.

SLOWLY NORMALIZE THE NEW SLEEP SPACE

For a few days, mom & dad should lie down next to them until they fall asleep and then sneak back into your bed later. They should mostly sleep through the night by that point, but if they woke, you would be right there to help them back to sleep.



— 03.

Once they are ready
switch the bed back
inside their bedroom

By this point your toddler
will be more than okay
and ready to stay in their
bed...but in the case this is
not yet working schedule
a free 15 min call with me
to discuss further options!

