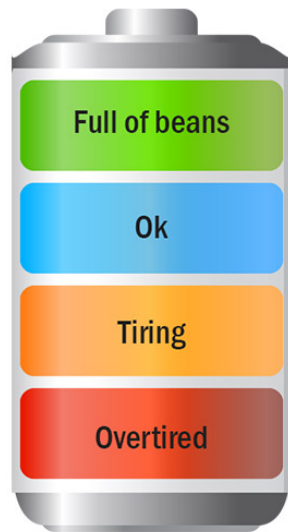


# SLEEP & ENERGY GAUGE



## HOW I'LL SHOW YOU I'M TIRED:

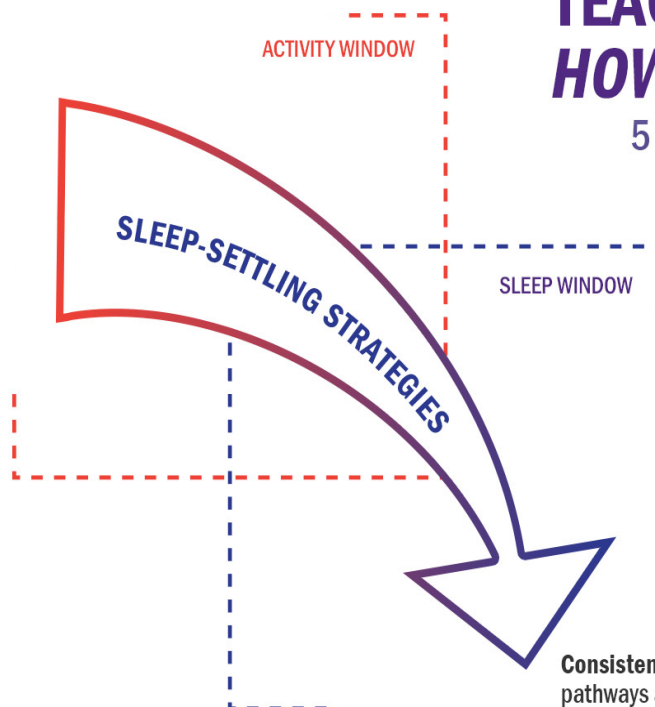
- I'll rub my eyes and yawn (you already know those two dad!)
- I might make some high-pitched sounds
- Instead of turning away for a mini-rest, I'll turn away for a longer break
- My movements will become more jerky
- When I'm getting really tired, I'll become fussy, and then when I'm really tired I'll start crying more and more.
- It's easier for both of us if you don't just wait for my crying to tell you I'm tired.

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# TEACHING YOUR BABY HOW TO FALL ASLEEP!

## 5 STEPS TO FALLING ASLEEP:



1. Pick up on tired signs
2. Announce that it's Sleep Time
3. Check nappy is Clean & Dry
4. Cuddle and Swaddle your baby before placing them down, saying that you love them and wish them a good sleep.
5. Rock your baby gently or Pat them to sleep or Safely Co-sleep with your baby

**Consistency is the key:** Your baby's brain will create neural-pathways around patterns: As you repeat the sleep-settling steps again and again, your consistency will help to create neural pathways. Teamwork, Patience & Perseverance will prevail!

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