



Janine Smith

WORKING WITH PARENTS SINCE 2002

Baby Sleep

Make a note of the challenges you are experiencing with your baby's sleep

What do your baby's daytime naps look like?

What time does your
baby nap?

How long does your
baby nap for?

Where does your
baby nap?

What does your baby's night sleep look like?

How long does your baby sleep for, when and where does your baby sleep?

Coping Strategies

What do you do to look after you? What can you do to look after you?

How can you get more rest?

How can you take a break?

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