

Should I Sleep Train My Child?

15 Questions to Ask Yourself Before Deciding

1. What are the current issues with my child's sleep?

2. How long have these sleep issues been going on?

3. On a scale of 1 to 10, how much do I see my child's sleep issues as a problem?

4. Are there other ways I can alleviate these problems that I am more comfortable with?

5. How does my spouse feel about the current sleep situation?

6. What kind of resistance might I face from my child if I attempt to sleep train right now?

7. How will I respond to this resistance?

8. What can I expect from my own emotions if I try to sleep train right now?

9. How will I respond to these emotions?

10. What are the possible positive outcomes of sleep training my child right now?

11. What are the possible negative outcomes of sleep training my child right now?

12. What are my main reasons for considering sleep training at this point in time?

13. What are my fears about sleep training?

14. What are my fears about not sleep training?

15. What are my mama instincts telling me is best for my child?

My Goals for My Child's Sleep

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