

SLEEP PROPS + SLEEP ASSOCIATIONS

Sleep Props

- Nursing to sleep
- Rocking to sleep
- Sleeping in a swing
- Only sleeping in car
- Pacifier (if they can't reinsert it)

Sleep Associations

- Your bedtime or naptime routine
- White noise
- Swaddles
- Pacifiers if they don't cry for them
- Lights out, closing curtains
- Singing
- Rocking Until Drowsy

