



CHECKLISTS



BABY BEDTIME RITUALS*



For a good night's sleep



For healthy sleep habits



For a happy baby!



*age adapted

About the author



Carmen Liebert

Certified Baby & Toddler Sleep Consultant

Hi, I am Carmen and I am passionate about sleep. It is my mission to help new moms fix terrible sleep deprivation by sleep-coaching their babies so they can get their sleep back and relax. I think baby sleep coaching is a noble mission which gives colour back to life and brings joy and happiness into the family.



[@Happybabyschlaf](https://www.facebook.com/Happybabyschlaf)



[@happybabyschlaf.coach](https://www.instagram.com/happybabyschlaf.coach)



BEDTIME RITUAL

CHECKLIST

- WARM BATH
- SOFT MASSAGE WITH SENSITIVE BABY OIL
- MILK FEED & BURP
- DIAPER CHANGE
- GENTLE CUDDLES
- SWADDLING
- WHITE NOISE



for newborn babies



CHECKLIST



BEDTIME RITUAL

- WARM BATH
- MASSAGE WITH BABY OIL
- RELAXING MUSIC
- WARM ORANGE LIGHT
- MILK FEED & BURP
- DIAPER CHANGE
- BOOK READING
- SLEEP SACK
- COMFORT TOY
- SWEET CUDDLES
- WHITE NOISE

for 6-18 months babies



CHECKLIST



BEDTIME RITUAL

- PLAYFUL BATH
- MASSAGE WITH ORGANIC OIL
- RELAXING MUSIC
- WARM ORANGE LIGHT
- CUP OF MILK
- TEETH BRUSHING
- POTTY
- DIAPER
- BOOK READING
- SLEEP SACK
- COMFORT TOYS
- MANY CUDDLES
- WHITE NOISE

for toddlers



CHECKLIST



**Do you need
more help to
improve your
baby's sleep?**

**BOOK A FREE
DISCOVERY CALL
NOW!**



happybabyschlaf.com