



The Toddler Sleep Blueprint: How To Get Your Toddler To Sleep Through The Night In Just 3 Days (Or Less)

By Sara Marie James

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My name is Sara and I want to thank you for purchasing my Toddler Sleep Blueprint.

So you know who's writing to you, here's a picture of me with my son, Sam...



Cute, isn't he? The love of my life!

Also, before we get started, I want to point out that I wrote this report myself and that I'm not a real "writer." So there may be some (or a lot of) misspellings and grammatical errors contained in this report.

However, what I reveal below is what *actually happened* and it's how I actually got my toddler son to sleep through the night, with 3 simple

steps, in just 3 days, without professional help. So don't focus on the writing ... focus on what it says!

Speaking of doctors, make sure to talk to yours before you implement any kind of new routine for you and your baby. And that includes the advice in this report.

Okay, with that out of the way, let's get to it!

First Things First

The first thing I want to mention before I lay out my sleep blueprint is that all of our children are different. That means that my sleep blueprint may not provide the same results for you that it did for my son. Maybe it takes you 4 days to get your toddler sleeping through the night instead of 3. Maybe it only takes you 2 days. Maybe it takes you 5 days. The bottom line is that all children are different and they react differently to changes in their routines.

So make sure to exercise patience when running your toddler through the 3 steps I lay out below. If they are resistant at first, don't give up! Unfortunately a lot of parents do quit too soon. So they never see results. You sometimes have to continue on even if it doesn't seem like it's going to work. I have spoken to some parents that have used my 3 step blueprint and they tell me that it took them 7 days before they saw results. No matter what, just keep trying and don't give up. You never know... a lot of parents give up just right before their toddler was about to start sleeping.

Don't do it. Keep trying! It's worth it. That first night you sleep the entire night you'll feel so good that it will be worth all the struggle it took to achieve it.

Trust me. I've been there 😊

Also, if you haven't done so already, take your toddler to his/her doctor for a checkup and make sure that there's no other reason why they're not sleeping. Now, don't freak out. If there *is* a health reason behind your child not sleeping it's normally never anything severe. It could be a cold or an ear infection, or something rooted in your child's behavior, such as sleepwalking. Nothing too dramatic.

You want to let your doctor examine your toddler just to rule any of these things out. Once you do that, and it's been determined that it's not a medical problem, then you can begin the Toddler Sleep Blueprint.

The Toddler Sleep Blueprint

This sleep blueprint took me some time to develop. As you read in my letter, I spent a lot of time researching, studying and "testing" until I finally found a blueprint that worked for my son, Sam.

I know it may seem overly simplistic, and it IS very simple, however, all 3 of the steps in the sleep blueprint below have been proven to work – not only for me, but by experts and other parents as well. That said, even though this routine is simple, it still may take a day or two for you and your child to adjust to. And that's okay. As I mentioned before, all children are different. So don't get frustrated. Just keep at it until you get the results you want (which is a FULL NIGHT'S SLEEP!)

Important: You DO want to implement ALL 3 steps at the same time. Don't just start with one or two. In order for this Blueprint to work, you need to go through all 3 steps each and every night.

Here are the 3 steps in this Toddler Sleep Blueprint:

1. Set an earlier bedtime, preferably around 7:00 pm.
2. Create a very consistent bedtime routine.
3. Set your toddler's room up so that it's more "sleep friendly."

Now, let's go over each of these steps in more detail.



1. Set An Earlier Bedtime, Preferably Around 7:00 pm.

A lot of parents that I've talked to were shocked to learn that setting a later bedtime actually makes it harder for toddlers to sleep (and actually causes them to get less sleep). We used to put Sam to sleep at different times of the night (usually anytime between 8 – 9 pm). We weren't consistent, and that's a problem.

Also, what's kind of shocking information to learn, is that no matter what time your child goes to bed, they'll usually wake up every morning around the same time.

My son Sam wakes up around 7 am each morning. My husband and I thought that maybe by putting him down for bed around 9 pm meant she would “sleep in” a little later.

But what we found was that he STILL wakes up at 7 am each morning after falling asleep around 7 pm each night.

So he’s getting 2 more hours per sleep each night. And the difference is noticeable in his personality.

If you are putting your child to bed later at night, you want to move it back to around 7.

Now, this number isn’t set in stone. You could do 7:30 or even 8:00. But I wouldn’t go any later than 8:00. At least in my experience with other parents and what I’ve read from experts this seems to be the latest you want to put your kids to bed at.



2. Create A Very Consistent Bedtime Routine

This is a big one. Maybe the #1 secret to getting toddlers to sleep. Sleep experts, child sleep specialists, and child psychologists all recommend this as the best way to get a child to sleep at night.

Plus, kids LOVE to be on a schedule. They thrive on a schedule. Not knowing what's coming next is not something that's good for a toddler. Consistency is key to making sure they are as healthy as possible (in both mind and spirit).

Sometimes parents I talk to are hesitant to do this. They don't believe it will work (or they don't understand how powerful it is). Then, once they've tried it, they're FLOORED by how powerful it is!

So that's why you want to create a bedtime routine that you follow, very specifically, every single night of the week.

No taking the weekends off!

The routine that my husband and I settled on was this:

5:30 – 6:00	Dinner time
6:00 – 6:30	Free play (kids can play something calm and quiet like puzzles, boardgames, cards, cars, etc. – NO TV, VIDEO GAMES, OR COMPUTERS)
6:30 – 6:45	Bath time
6:45 – 7:00	Read 2 bedtime books, sing 3 lullabies while rubbing his back, start his “lullaby CD”. This CD is a collection of Lullabies sung by the artist, Jewel. You should be able to find it here on Amazon.com .

That's it!

Now, do we hit the mark for each of these at the right times every night? Of course not. We're not the military here. But we get as close as we can.

The most important part of this is that you maintain that same routine every evening. This way your child will know exactly what's coming.

Some exhausted parents may try to fool their kids into bed but this never works. In fact, it can make it a lot harder to get them to sleep. Our toddlers are sometimes a lot smarter than we give them credit for, don't ya think? 😊 Trying to "trick" them may just make the situation worse. So don't do it!

The routine you create can consist of pretty much any activity you want as long as it's calm and soothing. Nothing loud and boisterous that may excite your toddler.

One of my friends schedules included hair brushing! She told me that it really soothed her son and they both loved to do it anyway.

Remember, the point is to remain consistent. Do it the same way every night, as close to the times you set as possible. I know life can be unpredictable so you may not be able to do it at exactly the same time each evening, but do the best you can.



3. Set Your Toddler's Room Up So That It's Very Comfortable And Sleep Friendly

You want your toddler's room to be comfortable and relaxing. You don't want it to be too dark or unfriendly feeling as this can keep him/her up at night.

What my husband and I did was we got our son a really cool Star Wars Lightsaber nightlight.

We bought it off of Amazon. Here's the link:

<https://www.amazon.com/Uncle-Milton-Science-Lightsaber-Obi-Wan/dp/B005DNY5F0>

It may be gone from that link by the time you click on it. But I'm sure you can find it elsewhere if you look.



This is just an example... not actually Sam's room.

Sam loves it! And we ONLY let him put it on at bedtime. Make sure that any night-light you buy for your toddler is “low-light”. Anything too bright may disrupt his/her sleep.

Next we put a bunch of glow-in-the-dark stars on the ceiling.

Then we bought a plush doll named “Bah Koo”. This cute little stuffed creature “eats bad dreams and nightmares.” Basically it’s a stuffed animal that Sam can sleep with that will protect him from monsters or bad dreams. You can read more about it here: <https://bahkoo.com/>

If you decide to get it I recommend you get the doll AND the book so that you can read the story to your toddler so he/she fully understands what it’s for.

There's also this: <http://www.sleeperhero.com/> I didn't use it but it looks pretty cool. My son still sleeps with Bah Koo so he'd have no need for Sleeperhero. However, Sleeperhero comes with a light that tells your toddler when it's okay to get out of bed. This would be perfect for toddlers who tend to get out of bed in the middle of the night (I have more methods for dealing with this later in the guide).

And that's it!

Those are the 3-steps I used to get my son, Sam, to sleep through the night in just 3 days. I recommend that you start these 3-steps **as soon as you can**. Don't procrastinate.

And remember, every child is different, so you may need to change a bit here and there ... and that's okay! The key is that, whatever you choose to do, just remain CONSISTENT!

Now, before we go I have some additional information that's vital to making sure your toddler sleeps through the night. First, some "Don'ts" and then some strategies you can use if your toddler won't stay in their bed. Plus I've listed a few additional tips that you can implement each night that will make putting your toddler to sleep even easier!



Some Don'ts

1. **Don't let your child watch tv, play video games, or play on the computer at least an hour before bedtime.** Melatonin is a substance our bodies release at night that helps us fall into a deep, rejuvenating sleep. The light from Televisions and computers prevent Melatonin from being released. So if your toddler watches tv, plays video games, plays on the computer, etc. before bedtime, it could affect their level of sleep which in turn could affect their health! **Bottom line: Make sure you don't let your toddler watch television at LEAST an hour before bedtime.**

**What you should do instead is engage your children in quiet, calming games or other activities. Calming games and activities you can*

try: puzzles, coloring, playing dolls, reading, playing with blocks. These types of activities will help make sure your toddler is rested and relaxed for bedtime.

2. Don't "roughhouse" "wrestle" or engage in any activity that may excite your toddler. This will just make it harder for them to fall asleep.

3. Don't give them any kind of sugary drinks before bed (no soda or fruit juices).

4. Don't hold, rock, or let your toddler rely on a bottle or pacifier to fall asleep. These methods may work, but they'll only work for a short period of time. What these activities do is prevent your child from falling asleep on his/her own. They become dependent on the activity to fall asleep. This is one of the reasons why toddlers may wake up at night and need YOU to put them back to sleep instead of falling asleep on their own.



Additional Toddler Sleep Issues

What to do if your toddler wakes up frequently at night calling for you:

This wasn't an issue with my son, but some parents have told me that their toddler cries out for them in the middle of the night. What I have read is that most sleep experts recommend that you wait 5 to 10 minutes, then go into your toddlers' room and soothe her/her until he/she has calmed down. If you've picked the child up, DON'T let her/her fall asleep while you hold her/her. Your toddler needs to fall asleep on his/her own. If you hold her then he's just going to rely on that to fall asleep.

What some parents have told me that worked for them in instances like this is: Once your child starts crying, wait 5 minutes, then go into the toddler's room and sit in a chair near the bed. You can soothe her/her

by rubbing his/her face, back, tummy etc. But try not to pick the toddler up. Then after you've calmed her/her down leave and repeat the process if necessary. Make sure you don't scold, punish or reward her/her. Just be calm and consistent. Your toddler will soon realize that you're not going to give in and he/she will go to sleep.

What to do if your toddler won't stay in bed:

This was another issue that I personally didn't have to deal with. However, many parents told me that they did so I did some research and found a few smart ways to deal with this problem.

The first method is to use the toddler's bedroom door as a consequence. When you leave your toddler's bedroom after putting them down, leave the door open around 90 degrees (about half open). When your toddler gets up, put them back into bed, and then close the door about 45 degrees (about half of half). If your toddler gets out of bed again, go ahead and close the door all the way. Leave it closed for just a few minutes. Once those minutes have passed, go ahead and open the door back up to 90 degrees and start the whole process over again.

Now, some parents don't like this because they think it's too mean. And that may be the case. Some toddlers are more sensitive than others and this may only make the matter worse. If that's the case for you, then you may want to try the next method below.

The second method I like to call *Silence Is Golden*. This method is pretty simple and it may be the best option for parents who's toddler doesn't respond well to the "closed door" method. When your toddler comes wandering out of bed, simply take them back to their room, tuck them in, and leave. All the while being as silent as humanly possible. You want to make this a very dull and boring activity. Don't talk, don't

scold, don't say anything. Just quietly return them to bed. Do this as often as you have to until your toddler understands that they have no choice but to stay in bed.

One more bonus method!

This is a fun method that a few parents recommend to me. I didn't use this method myself but apparently it works great!

Give daytime incentives for staying in bed all night. Give your child a sticker for staying in bed all night and create a "sticker board" that your toddler can apply those stickers to. Here's a Pinterest page that's loaded with sticker board ideas:

<https://www.pinterest.com/explore/behavior-sticker-chart/>



A Few More Useful Toddler Sleep Tips

1. Toys In Bed

Some sleep specialists argue that you should only have 2 items in your toddler's bed. A stuffed animal and a security blanket. They say that these two items can help a child soothe himself or herself to sleep. Now, Sam sleeps with a few stuffed animals and her "booboo" (which is her name for her security blanket). It's more than 2 items in her bed (4, actually). But it doesn't seem to interfere with her sleeping. If your toddler is having trouble sleeping and he or she has a collection of toys in bed... you may want to consider eliminating most of them and leaving just 2 or 3.

2. Using "Magic Words"

I LOVE using “magic words” to help prepare my toddler for bedtime. There’s actually no “magic” involved but it does seem to work. What you do is simply use the same phrase to cue your toddler that it’s time for bed. For instance, around bath time each night I start saying that it’s getting close to “night-night time”. That way she has a verbal cue in addition to the schedule that we use every night letting her know what to expect next. I say the “magic words” often just to make sure that she gets the point. You can develop any “magic words” you’d like. The cuter the better 😊

3. Comforting And Relaxing

When Sam is in bed I like to do a few things to get him relaxed. I count them as part of our routine (i.e. I do them each night).

Here are the 4 things I do to get him relaxed and comfortable.

1. I read him 2 books.
2. Then I rub his back
3. While rubbing his back I sing 3 lullabies (Twinkle Twinkle, Patty Cake Patty Cake, and Itsy Bitsy Spider).
4. I start his Lullaby CD. It’s from the Artist, Jewel.

4. Staying Consistent

Once you’ve developed your routine you **MUST** stick to it each and every night. Do **NOT** deviate. If you do it’ll be back to the drawing board.



Conclusion

I hope you find this short guide helpful. I wanted to give people something that they could use that would actually WORK in getting their Toddler to sleep. I know it worked wonders for our son and many other parents who have tried it.

So give it a shot and then send me an email and let me know how it worked for you. I'm excited to hear how it's changed your life!

My email address is sara@thetoddlersleepblueprint.com

Looking forward to hearing from you!



Your friend,
Sara James (and Sam!)

Bonus Section: Taking On Big Problem #2 (Literally!)

In this bonus section, I want to talk to you about another problem my husband and I faced.

Potty training!

It was another battle that nearly cost us our sanity.

Seriously, have you ever tried to clean up toddler poop out of a sisal rug?

It's a mess!

We struggled with our son for weeks trying to get him to use the toilet instead of the floor, or his bed, or the rug...

We tried it all, too. We tried taking him to the bathroom every 30 minutes. We tried letting him run around the house without a diaper.

Nothing worked.

So, just like I did with the creation of The Toddler Sleep Blueprint, I got online and did some in-depth research.

Unfortunately, there weren't very many good suggestions. Just the same old stuff I had already tried.

What I found was stuff we already knew about or had been told to try by friends and family members.

I was pretty upset. I was afraid that we'd be cleaning up poop and pee for the next 3 years.

That was until I stumbled upon a silly website that turned out to be one of my best discoveries yet.

That site is called "Start Potty Training." [You can see it by clicking here...](#)

The site is from Carol Cline who people refer to as The Potty Training Guru.

She has helped thousands of parents potty train their child successfully in over 67 countries around the world.

Being desperate and tired of cleaning up my son's poo and pee, I ordered her basic [Potty Training Guide](#).

A few minutes later I downloaded it, read it, and put it into action.

Like The Toddler Sleep Blueprint... the Start Potty Training method worked great!

In fact, Sam was using the bathroom, all by himself, in just a few days.

I know it's hard to believe.

I barely believe it myself.

But I snapped a picture of my son successfully using the bathroom as proof because I didn't think anyone would believe me.

Here's that pic of Sam using the potty himself for the first time:



After just 3 days Sam was using the potty for both number 1 and 2. All by himself. He doesn't have to be prompted. He doesn't have to be watched. When he has to go, he just goes to the potty.

It was pretty shocking how quickly it worked.

But I couldn't be more happy with the results.

That's why I highly recommend you check it out if you have a toddler that needs potty training.

And, if not having to clean up poo is not enough of a motivator for you ... you can also save money!

Think about it: How much money would you save this year if you never had to buy diapers again?...

Diapers are expensive and even if you put that Costco membership to use and buy them in bulk, the yearly costs of keeping your child in diapers can all add up to a car or mortgage payment ...right?

Which is money down the "toilet" I'm sure you could really use in your pocket?

When your child is potty trained, you save on average \$1200 each year. What could you do with all that extra money?

...put it towards the bills?...

...tuck it away for a rainy day?

...Splurge on a weekend getaway and still have money left over to pay off the babysitter?

My question...and I know it's an obvious one, is...

How amazing would it feel to know the next dirty diaper you change could be the last one you would ever have to change?

Normally I do everything myself but this was just too easy.

Try it yourself and I guarantee you'll be shocked by the results.

[Go here now](#) and see this silly website for yourself, order the guide, and thank me later!