

The 7-Day Reset

A free starter framework for parents who want to start gently.

A FREE GUIDE FROM
BABY SLEEPING COACH

***A note before we start.** This guide is for general education only. It is not medical advice. If your child has any medical condition, suspected condition, or symptom that concerns you, please consult a qualified paediatrician before making any change based on this guide. See the full medical disclaimer at babysleepingcoach.com/terms.*

The framework

Most sleep advice falls apart in the first 48 hours because it has no scaffolding. You read three articles, you pick a method, you start on Sunday night, and by Tuesday morning you are negotiating with a 14-month-old about whether his lovey lives in the cot or the kitchen. This is the framework I give to clients before they start the full program. It is gentle, it is structured, and it works for most ages from 6 months to 3 years.

The four pillars

- **Room.** Dark, cool (18 to 22 degrees C), quiet. Boring on purpose.
- **Routine.** Same 4 to 5 steps, same order, every night, 30 minutes max.
- **Response.** One person handles bedtime per night. Calm, predictable, brief.
- **Rhythm.** Wake at the same time every morning (yes, even on weekends, for these 7 days).

Day-by-day

Day 1 (today)

Audit the room. Audit the routine. Pick a single response approach (one parent on duty, one type of soothing). Do not change the bedtime itself yet.

Day 2

Bedtime routine starts at the same minute as Day 1. Use the new room setup. Track how long it took to fall asleep.

Day 3

Same routine, same timing. If there were night wakings on Day 1 and 2, decide your response (e.g. 5-minute wait before going in). Be consistent.

Day 4

Mid-week check. Most families see settling time improve by Day 4. If not, your wake windows during the day may be off.

Day 5

Continue. Resist the urge to add new tools. Consistency is the medicine here.

Day 6

If sleep is improving, you have your baseline. If not, identify the single biggest issue (long settling, multiple wakings, early waking) and write it down for the consult conversation.

Day 7

Reflect. What worked? What did not? Most families know by now whether they need the full program or whether this framework is enough.

Sample bedtime routine (6 to 24 months)

Time	Step	What to do
6:30 pm	Wind down	Lights low. Quiet play only. No TV.
6:35 pm	Bath	10 minutes, warm not hot. Optional: skip on every second night.
6:50 pm	Pyjamas + nappy + sleep sack	Calm chat. Same words every night ('time for sleep now').
6:55 pm	Feed (if applicable)	Out of the cot. Lights on but soft.
7:05 pm	Book + song	Same book for 7 days. Yes, the same book.
7:15 pm	Into cot awake	Brief kiss. Walk out. Calm and clear.

The two questions to ask before changing anything else

Before you change wake windows, drop feeds, or introduce a new method, answer these two:

1. Are we doing the same thing every single night? If the answer is 'mostly', the answer is no. Sleep skills consolidate through repetition. Even small variations confuse a child under 2.

2. Is the room actually dark? Hold up your hand at the cot at 6am. If you can see your fingers, it is not dark enough. This single fix solves more early-morning wakings than any other intervention.

Want a plan built for your child, not for the internet?

The full Sleep Reset program includes a 90-minute private consult, a 6-page personalised plan, and 2 weeks of text and iMessage support. Book your free 15 min discovery call at babysleepingcoach.com