

Affirmations

I am the best person in the whole world to lead my baby to better sleep

I am teaching my child one of life's greatest lessons that will last a lifetime

My child is utterly safe in my loving boundaries

I am doing a loving and enabling thing for my family

I commit to enabling better sleep for my family's health and well-being

Affirmations

I trust that this approach will lovingly teach the best possible sleep in the shortest time possible, I am a wonderful parent, doing a wonderful thing

I believe in what I am doing and I trust that it is going to work, as it has done for so many families before me

I know that this will enrich and enhance my attachment to my child, and I look forward to more rested, happier days

*Soon, solid sleep will be our norm.
Rested days are just around the corner*

I look forward to living a rested, peaceful life with the ones I love