



Sleep Mantras & Positive Affirmations

Using mantras or positive affirmations can help calm you, and remind you of the positive outcome you are looking for as you move through the sleep program. Here are some examples that you can use, or make your own! You can write these on post it notes on your child's door or somewhere else you will see it, for frequent reminders.

- We are doing this for (child's name).
- Without the help, it will be harder for (child's name) to sleep.
- Our current way of getting her to sleep does not help her.
- This is only temporary; my baby is going to acquire healthy sleep habits that last a lifetime.
- A well-rested baby is a happy, healthy baby!
- I'm giving him the gift of being able to fall asleep on his own.
- Babies need healthy sleep, just as they need healthy food.
- It is my job as a parent to provide my baby with good quality sleep.
- I am trading crying now, for long-term good quality sleep.
- I am teaching my child an important skill.
- It's going to feel so good to sleep.
- My baby is protesting because we are changing a big habit. She has feelings about it, and that's okay!
- As parents, we need to get back to sleeping so we can be attentive, patient and loving to our children during the day.
- I want my baby to go to bed feeling confident in her ability to get comfortable and fall asleep on her own.
- Imagine how much my family will enjoy one another when we've all slept well once our child is sleeping peacefully.
- I want my baby's sleep development to be on track, rather than delayed.
- We, as parents, are ready to feel better rested so we can connect again.
- I am a good parent. My child is safe. It is hard to learn a new skill.