

**CATE M. MCKEE, MA**  
**SLEEPY TIME SOLUTIONS, LLC**



**Gentle Sleep Coach**  
Trained and Certified by The Sleep Lady®

**THE SLEEP LADY'S® 8 RULES OF INFANT SLUMBER**

- 1. CREATE A FLEXIBLE FEEDING AND SLEEPING ROUTINE**
- 2. ENCOURAGE SOOTHING TECHNIQUES OTHER THAN NURSING**
- 3. OFFER A PACIFIER FOR SOOTHING AND SUCKING**
- 4. FEED YOUR BABY WHEN SHE WAKES UP AFTER A NAP**
- 5. PUT YOUR BABY DOWN DROWSY BUT AWAKE AT LEAST ONCE A DAY**
- 6. INTRODUCE ONE BOTTLE PER DAY AROUND THE 3RD-4TH WEEK EVEN IF COMMITTED TO BREAST FEEDING. PUMPED MILK OR FORMULA IS FINE.**
- 7. CREATE A SLEEP FRIENDLY ENVIRONMENT (DARK, QUIET AND SAFE)**
- 8. CAREFULLY THINK THROUGH BED SHARING AND ROOM SHARING.**