

BEYOND THE STARS



Beyond The Stars
Jade Sleep Nanny

FAMILY ROUTINES &
PLANNER

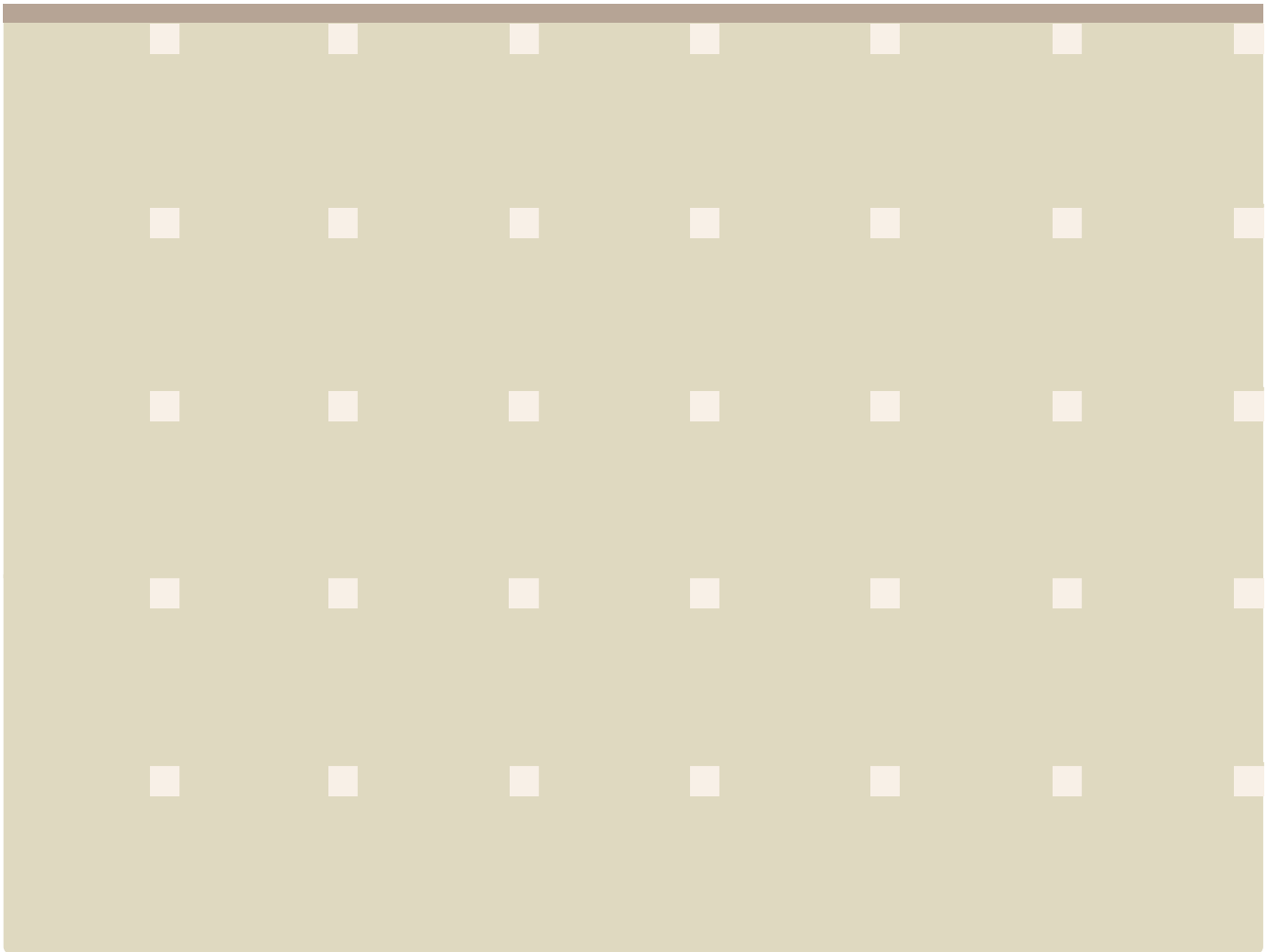
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In this e-book, you will find some helpful tips to helping you put thoughts to paper, lay out tasks, become more organised in the life of a parent and feel more in control.

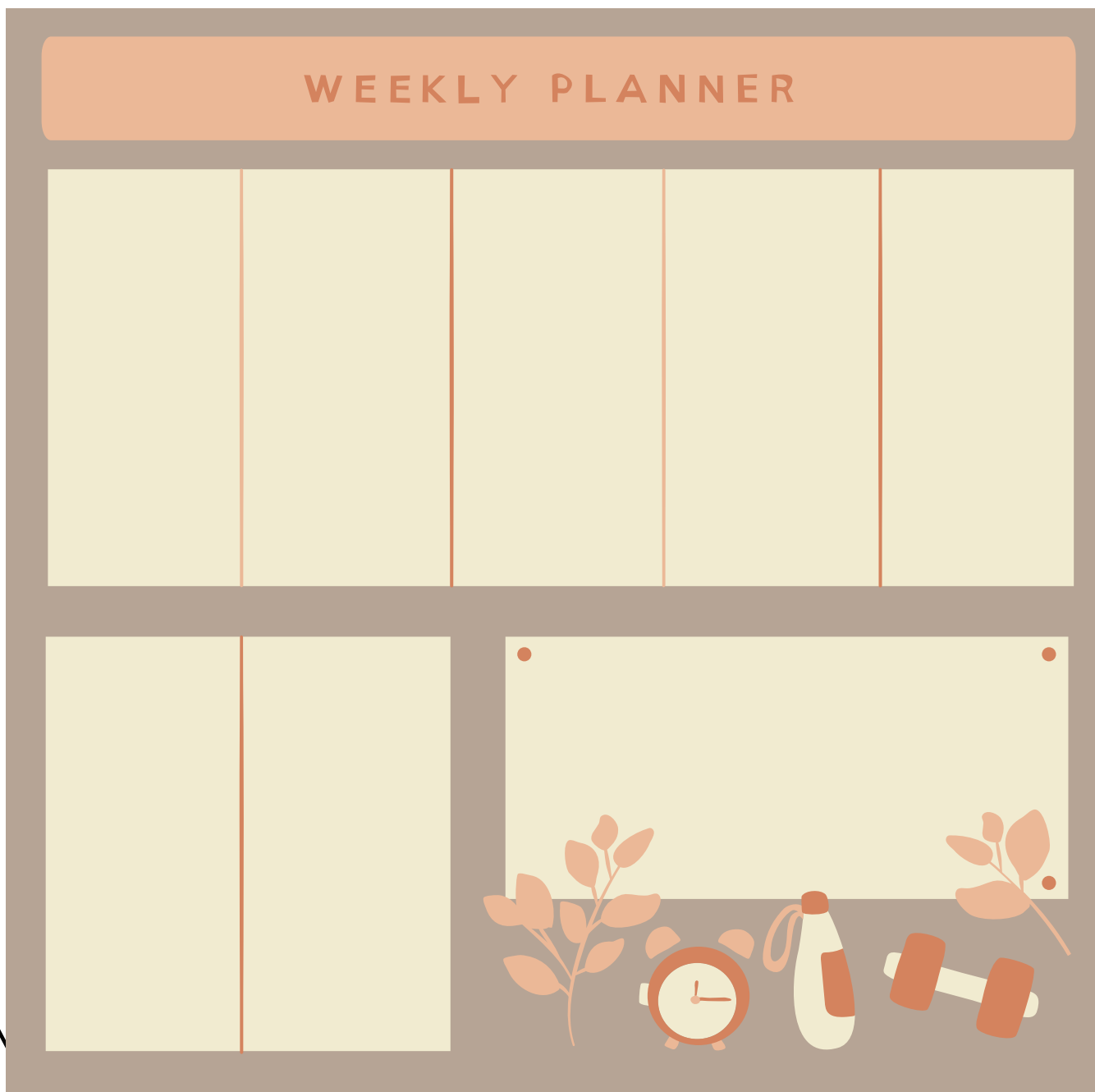
MONTHLY PLANNER



Monthly Focus

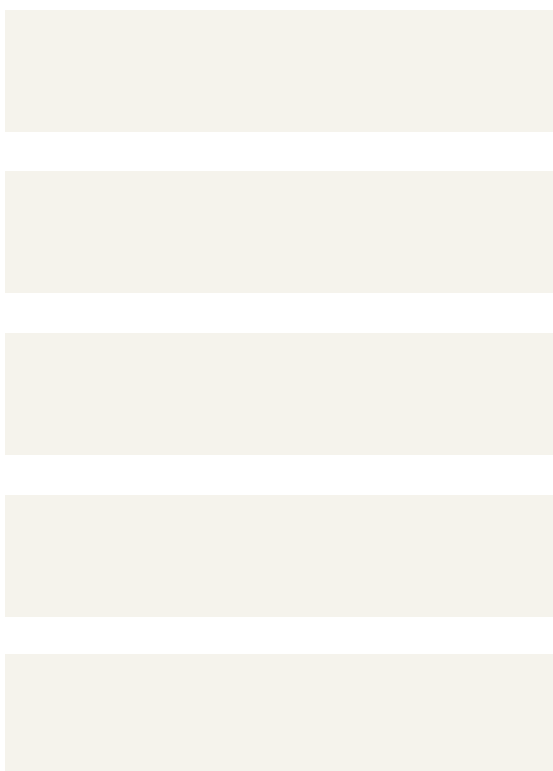
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WEEKLY PLANNER



DAILY PLANNER

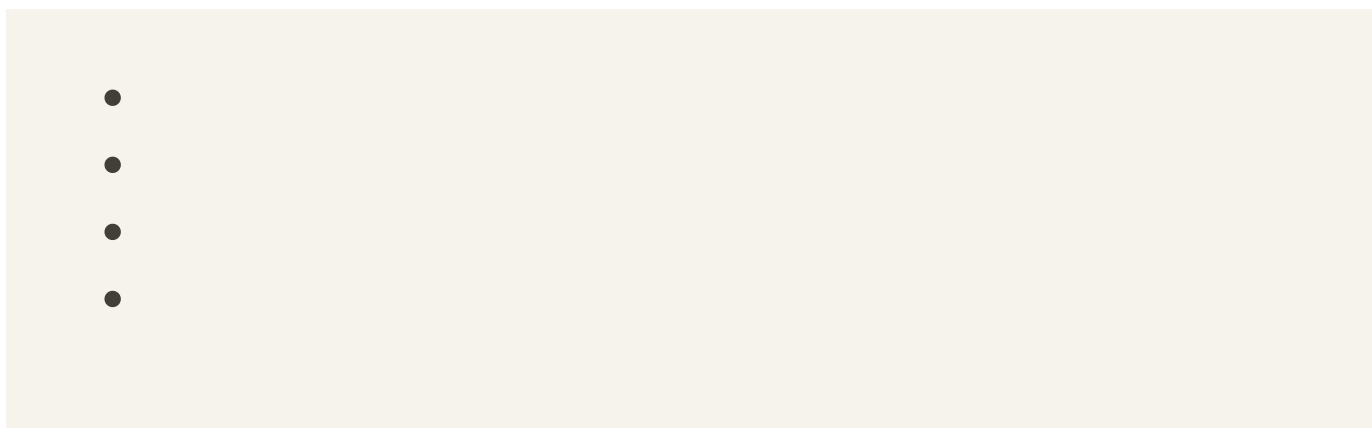
To-Do List



Five horizontal beige bars stacked vertically, intended for writing a to-do list.

My Schedule

Daily Focus



A large beige rectangular area containing four black bullet points on the left side, intended for writing a daily focus.

MEAL PLANNER

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Shopping List

SELF CARE HABIT TRACKER

How will I care for myself better today?

What actions will I take?

What are my goals?

What I am grateful for

Positive Affirmations

MINDSET

Mindset - is at the heart of everything we do, choose and believe. It impacts our actions, how we see ourselves, others and situations around us.

Being a parent is rewarding, but also challenging. And sometimes the work on our mindset is lost. But it is something we should practice every day. There are tonnes of advice, apps, videos and podcasts out there, but here are some starting points.

1 - Choose the Mindset you need - match it to your goals. Adopt the new mindset and reinforce with action!

2 - Create new habits to support your new mindset (as above! set aligned goals!)

3 - Surround yourself with people who also have your desired mindset.

4 - Change your self talk. How we view ourselves, and talk to ourselves is so important. Talk kindly to you, as you would to others. Your brain listens to what you tell it - if you are filled with "I can't do this...." your brain does that.. If you tell yourself "I can do this..." again your brain listens!

5 - Practice Gratitude. Even if it is for what seems tiny things, write it down. Always be grateful for everything you do have. Set goals for everything else.



FOCUS AND GOALS

What is
working?

What isn't
working?

What
would I like
to change?

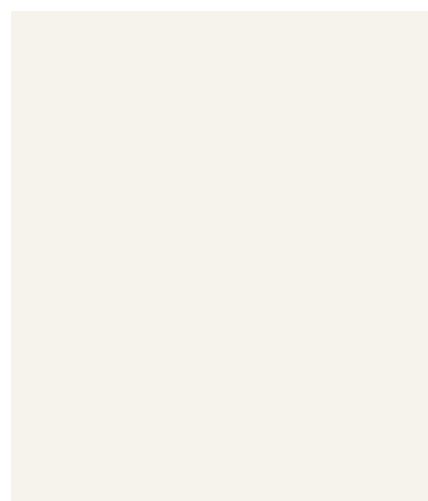
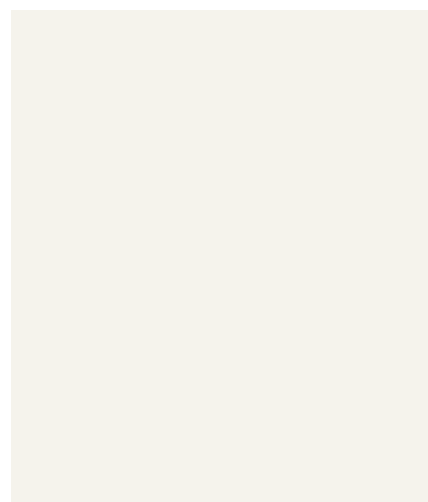
Focus
Areas

SLEEP & FEED TRACKER

Date :

6-7 AM	
7-8 AM	
8-9 AM	
9-10 AM	
10-11 AM	
11-12 AM	
12-1 PM	
1-2 PM	
2-3 PM	
3-4 PM	
4-5 PM	
6-7 PM	
7-8 PM	
8-9 PM	

Notes: (Night awakenings, settle times)



SLEEP PATTERNS



0 -3 Months:

Newborn sleep is very disorganised. They can only manage about 45 mins awake between sleeps. Try to feed upon waking as much as possible. Naps may be short and frequent.

4-6 Months:

Sleep will become more organised now. Having a rhythm to your day will help naps fall into a natural pattern. Continue to feed upon waking and practice putting your baby down before fully asleep.

6-12 Months:

From 6 months we are aiming for 3 naps per day totalling 3.5-4hrs. EG: 8.30a.m, 12p.m, 3.30p.m then bedtime 6.30p.m. Between 8-10 months you'll lose the 3rd nap and drop to 2 naps totalling around 3hrs. Eg: 9/930a.m for 90 mins and 1/1.30p.m for 90 mins.

12-24 Months:

Maintain two good naps per day until your little one struggles to do both then make the slow transition to 1 nap between 13-17 months. Some days he may be okay on 1 nap and some days still need 2.

Early to bed on 1 nap days at the beginning. 2-3 Years: The nap in the day must stay!

Most 2 year old need 2hrs sleep during the day. Be sure it falls in the middle of the day. If it starts too late, it will impact on bedtime. Also, keep your toddler in cot as close to age 3 as possible - a sleep sack will help.



I hope this has given you some useful ideas for tracking little ones sleep habits, family organisation, planning and improving mindset.

If you'd like to have a quick chat about more ways to help your family – email jadesleepnanny@gmail.com.

Jade x

LET'S GET IN TOUCH

Book in via the website - or email

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