

# NIGHT PLAN: THE NO-CRY, INTUITION-LED SLEEP GUIDE

A GENTLE, EFFECTIVE APPROACH TO HELP YOUR BABY SLEEP THROUGH THE NIGHT WITHOUT CRYING IT OUT AND WITHOUT SECOND-GUESSING YOURSELF.

## 1. YOUR INSTINCTS MATTER

There are many voices in motherhood, but only one that lives inside your home, your baby, and your spirit. God built intuition into mothers on purpose. This plan uses that gift, backed with a calm and confident process.

## 2. THE STORY BEHIND THE PLAN

At 8 months old, my baby began waking up on the dot to eat. She wasn't hungry – she had simply learned the pattern. Habit waking and hunger waking feel different, and as her mom, I knew the difference. That's when the reset began.

## 3. THE NIGHT FEED RESET (STEP-BY-STEP) PT. 1

**Night 1–3: Start small**  
When your baby wakes, wait 5 minutes before feeding. During those 5 minutes, soothe gently using: Patting their back Rocking or swaying Offering a pacifier (if used) After 5 minutes: If they are still awake, feed them once, then lay them back down calmly.

## 4. THE NIGHT FEED RESET (STEP-BY-STEP) PT. 2

**Night 4–6: Stretch the window**  
Increase your soothing window in 5-minute increments every few nights: 10, 15, 20 minutes. When soothing works through a feeding window, that feed is dropped completely.

## 5. REMEMBER THAT IT HAS TO BE HARD TO GET GOOD

The middle of the reset is where I feel like giving up. The nights blend together, progress can feel slow, and doubt can creep in. But hear this with confidence: your consistency is creating a new normal. Your baby is learning because you stayed steady.

## 6. THE DAYTIME FOUNDATION

A peaceful night starts with a nourished day. I prioritize meals that satisfy deeply: High protein + healthy fats. These keep babies fuller longer and stabilize blood sugar through the night. Dinner is the largest meal of the day. I feed until she shows fullness, not curiosity. A full baby sleeps better.

# THE NIGHT TIME ROUTINE: THE FOUNDATION

## 1. THE SIGNAL

Our process is four steps: diaper, lotion, oils, pajamas. We've repeated it since birth, and now it's her language for sleep. The routine is familiar, the signal is clear, and bedtime feels safe, predictable, and calm.

## 2. THE NON-NEGOTIABLE

My husband leads our bedtime routine as this reinforces calm, security, and consistency. And allows time for pumping, bottle, making or that last minute clean up before baby goes down. Find what works best for you, your rhythm, and your family.

## 3. THE DIAPER

We use Coterie for our nighttime diapers because they're soft, clean, and incredibly reliable. A dry, comfortable baby isn't a luxury at night, it's a foundation. When I put her down in a Coterie diaper, I know we're already protecting peace before sleep begins.

## 4. THE LOTION

We use the Tubby Todd AOO as a familiar scent can calm a baby's nervous system and gently signal that rest is coming. When the body recognizes a soothing smell night after night, it begins to relax automatically, making bedtime feel safe, calm, and predictable.

## 5. OILS

Peace and Calming, Sleepyze, and Seedlings Calm are our go to. This supports her health while also signaling to her brain that rest is coming soon.

## 6. PAJAMAS

Breathable, clean fabrics that feel safe and cozy against her skin is a must when keeping a baby comfortable. This helps keep them happier and not over heat during bedtime. Our personal favorites are from Colored Organics.

# THE NIGHT TIME ROUTINE: THE FOUNDATION

## 7. WIND DOWN WITH A BOOK

Once she's ready, we slow the room and open a book together. This is our wind-down moment, our gentle exhale before the night begins. No stimulation, no forcing sleep. This step protects her heart and her nervous system. She relaxes because the environment invites it.

## 8. FINAL FEED

Offer your baby a snack or a bedtime bottle (or nurse). Feeding them after the calming moment ensures they go down satisfied, full, and emotionally secure. This cancels out confusion and adds confidence. A baby who sleeps well sleeps from a place of deep satisfaction.

## LINKS

[Favorite 100% Organic Pajamas](#)

[Coterie Diapers](#)

[Favorite Lotion](#)

[Favorite Essential Oils For Baby](#)

These are simply our tried and true. If you already have brands you and your baby love, keep them. I'm not here to change your routine, only to share what worked for our family. Your rhythm matters just as much as the steps themselves.

## TIP 1: ENVIRONMENT MATTERS

A calm room makes sleep easier. Lower lights, reduce noise, cool the temperature slightly, and keep the space feeling safe and simple. You don't need a perfect nursery, you just need an atmosphere that invites rest.

## TIP 2: PROGRESS OVER PRESSURE

Sleep changes don't happen in one night. Your baby learns because you stay steady. If something stops working, you adjust with confidence, not panic. Peaceful progress is real progress. Trust the process, trust your instincts, and remember the stretch is short compared to the outcome.