

Childcare Sleep Transition Checklist

Starting childcare is a big milestone for both you and your baby. While some sleep disruption is common during periods of change, there are lots of small things you can do to help the transition feel smoother.

Use this checklist in the weeks before and after your little one starts childcare.

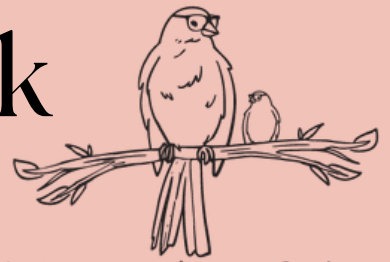


Before Childcare Starts



- Confirm your childcare's typical nap times and routine.
- If needed, begin adjusting your baby's schedule gradually (10–15 minutes every few days).
- Introduce any sleep sack or comfort item your baby will use at childcare.
- Attend settling-in sessions where possible.
- Share information about your baby's sleep with carers.
- Practice your morning routine before the first day.
- Make sure bedtime is predictable and consistent.
- Keep expectations realistic – some sleep disruption is normal during periods of change.

During the First Week



Under the Wing
SLEEP CONSULTANCY

- Expect naps to be shorter or different than they are at home.
- Allow for an earlier bedtime if your baby seems tired.
- Offer plenty of connection and reassurance after pick-up.
- Try not to introduce multiple changes at once.
- Stay consistent with your bedtime routine.
- Remember that a few unsettled nights do not mean sleep is ruined.

If Sleep Starts to Slip

- Look at overall sleep across the whole week rather than one difficult day.
- Check whether bedtime needs to move earlier temporarily.
- Consider whether your baby may be carrying some sleep debt.



Under the Wing
SLEEP CONSULTANCY

- Allow time for adjustment before assuming something is wrong.
- Focus on consistency rather than perfection.
- Remember that regressions and transitions are temporary.

When to Seek Extra Support

Consider reaching out if:

- Night waking has increased significantly and isn't improving after several weeks.
- Bedtime has become consistently difficult.
- Your baby seems chronically overtired.
- Sleep challenges are affecting family wellbeing.
- You're feeling unsure about how to move forward.

A Final Reminder



Starting childcare is a huge adjustment for your baby, but it's a big adjustment for you too.

Be gentle with yourself.

Most babies adapt beautifully with time, consistency and support.

A few short naps, early bedtimes or extra cuddles do not mean you've done anything wrong.

This is simply a season of change.

You've got this.

Need a Little More Support?

If you're preparing for childcare or sleep has become more challenging since your little one started, I'd love to help.

Book a free discovery call and we'll chat through what's happening and whether my gentle, responsive approach could help your family.

www.underthewingsleepconsultancy.ie

