

Sleep Training Questions for your Pediatrician

1. How many night feedings does my baby need overnight?
2. Is it okay for me and my child to sleep in separate bedrooms?
3. (If your child uses a pacifier, but is unable to easily find it and re-insert it 100% independently) Is it okay for my baby to not use a pacifier going forward?
4. What should I do if my baby rolls to their belly during sleep? Should I roll them back over, and if so, how many times in a row should I continue to roll them over?