

KixCare TIPS

When Can I Start Sleep Training/ Teaching My Baby?

Every baby is different
and so is the time to
start sleep training
will be different for
each child.

- 1 The best time to start sleep teaching is often between the ages of 4-6 months old.
- 2 Every baby is different regarding the best time to start this, as some babies may need more comfort or nutrition throughout the night.



Cut here for a colouring sheet for your little one

KixCare

