WAKE UPS AT NIGHT

WAKES UP IN INTENSE DISTRESS

HEALTH REALATED SYMPTPOMS

Go to "Symptom Check-up"

PARASOMNIES

YES

Go to
"Sleep is difficult"
Chart

NEW SEPARATION EXPERIENCES

- UPDATE THE TYPE OF ATTACHEMENT
- STRENGTHEN THE AUTONOMY TRIADE

CHANGE IN FAMILY ORGANISATION

- TIME GIVERS
- FOLLOW THE CHANGE PROCESS

ACTIVATE FAMILY SYSTEM SUPPORT

CALM DOWN WITH A FEED

RESIST TO GO BACK TO SLEEP

HARD TO CALM DOWN

THIRSTY / NAPPY / TOO HOT / TEETHING / SICKNESS

SENSORY MAPPING

EMOTIONAL & RELATIONNAL REASSURANCE

THE RIGHT WORDS FOR SLEEP

HARD TO FALL ASLEEP

CALM BUT RESISTANT

SENSORY WORDS GUIDANCE

HAPPY AND PLAYING

TENSIONS TO BE RELEASED

REPERTOIRE + LOOP TECHNIC

WAIT FOR TO ENTER THE NEXT SLEEP CYCLE

SLEEP BIOLOGY ENVIRONMENT

TIME GIVERS

UPDATE MOTOR ACTIVITY

Go to
"Sleep is difficult"
Chart