



Sweet Sleep – Complete Course Notes

Guide for Parents | For Babies 0–2 Years |

MyDvija by Shrreya Shah



Shrreya Shah

About Shrreya Shah

Shrreya Shah is a Childbirth Educator, Lactation Consultant, Nutritionist, and Parenting Mentor with over a decade of experience.

She is the founder of MyDvija, a platform that supports parents through:

- **Pregnancy**
- **Postpartum recovery**
- **Breastfeeding**
- **Newborn care**
- **Sleep training**
- **Toddler development**

Shrreya has guided thousands of parents with gentle, culturally rooted, emotionally intelligent parenting tools.

Her teaching philosophy is built on three pillars:



Compassion

□ **Science-based knowledge**



Practical, gentle methods

Her mission is to help parents build peaceful homes, confident parenting, and strong emotional connections with their babies.



DISCLAIMER

This course is meant only for learning and guidance.

It is based on child development, professional experience, and gentle parenting principles.

It is not a medical consultation and should not replace advice from a pediatrician.

Please speak to your doctor if your baby:

- Has any medical condition
- Shows unusual sleep or feeding patterns
- Has difficulty breathing, reflux, allergies, or severe colic
- Has growth or developmental concerns

Every baby is different. Results may vary depending on your baby's temperament, health, routine, and environment.

Always choose what feels safe, comfortable, and emotionally right for your baby.

By using this course, you agree to follow the guidance responsibly and seek medical help whenever needed.

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1. Introduction to the Course 🧠 ✨



1.1 Purpose of the Program

This course helps parents build gentle sleep habits through *routine, love, cues, and emotional security*.

🍼❤️ *“No forcing. No cry-it-out. Only connection + consistency.”*

1.2 What Parents Will Gain ✨

- Better understanding of baby sleep
- Calm routines
- Predictable naps
- Better nights
- Confident parenting 😊

1.3 How to Use This Course Effectively 📺

- Watch in order 📺
 - Apply changes slowly 🐢
 - Follow the 21-day plan 📅
 - Use Q&A videos for clarity ?
-

2. Understanding Baby Sleep (Part 1) 🌙📺



2.1 Why Babies Struggle to Sleep

Babies get overstimulated easily 🙄💡, have tiny tummies 🍼, and rapidly developing brains 🧠 — all of which affect sleep.

2.2 Developmental Phases 🧠❤️

Rolling, crawling, teething, and separation anxiety can temporarily disturb sleep.

2.3 Feeding, Nap Timings & Wake Windows

Correct wake windows prevent overtired meltdowns 😞➡️😭.

2.4 Environment & Temperament 🛏️🌡️

Soft light, cool room, and calm surroundings improve sleep quality.

2.5 Identifying Your Baby's Root Issue

Look closely for clues 🕒👤👶 — your baby might be hungry, overstimulated, overtired, or simply seeking emotional comfort.

2.6 Q&A Part 1 ?🧠

Common concerns like:

- “My baby wakes every hour”
- “Why do naps end in 20 minutes?”

3. Preparing for Sleep Training (Part 2) 🛏



3.1 Sleep-Friendly Environment

Dim lights 🌙, soft sounds 🎵, and a cozy, consistent sleeping space 🛏.

3.2 Day–Night Rhythm

Morning sunlight exposure helps babies understand day ☀ vs night 🌙.

3.3 Parent Roles & Mindset

Calm parents = calm babies 😊 😊.

3.4 Emotional Security

Gentle holding 🤱, soothing voice 💞, and loving touch 🤲 help babies feel safe.

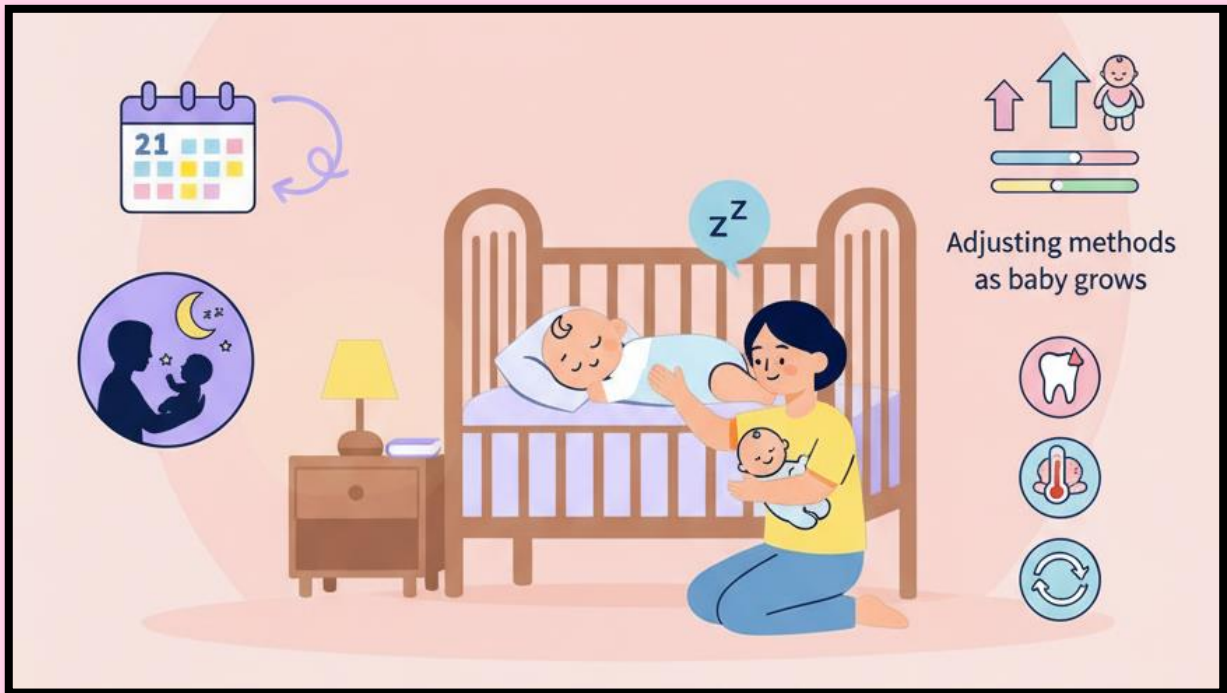
3.5 Pre-Training Checklist

- ✓ Fixed bedtime
- ✓ Relaxing routine
- ✓ Right nap timing
- ✓ Cozy, sleep-friendly room

3.6 Q&A Part 2

Helps correct preparation difficulties before starting training.

4. Sleep Training Methods (Part 3) 🧠📅



4.1 Gentle Techniques (0–24 months)

Soft patting 🖐️, shushing 🗨️, slow withdrawal, predictable rhythms.

4.2 Daily Planner 📅

A clear, simple, step-by-step 21-day flow to follow.

4.3 Handling Night Wakes 🌙

Respond gently, calm the baby, and avoid overstimulation 🚫🧸.

4.4 Adjusting Methods

As babies grow, their wake windows and sleep needs shift 😊.

4.5 Managing Setbacks

Teething, illness, and sleep regressions are normal parts of development 💖.

4.6 Q&A Part 3 🧐🌟

Advanced troubleshooting for mid-training challenges.

5. Bonus Tools 🎁💖



5.1 Teething Care 🤢📦

Extra cuddles 🤗, comfort feeding, and soft routines.

5.2 Travel / Illness Sleep Tips 🌐

Maintain familiar cues: favorite blanket, song, teddy bear 📦.

5.3 Bedtime Massage & Stretches 🧘♀️👶

Gentle strokes relax muscles → deeper sleep.

5.4 Baby Yoga 🧘♂️👶

Helps babies release energy and regulate nap cycles.

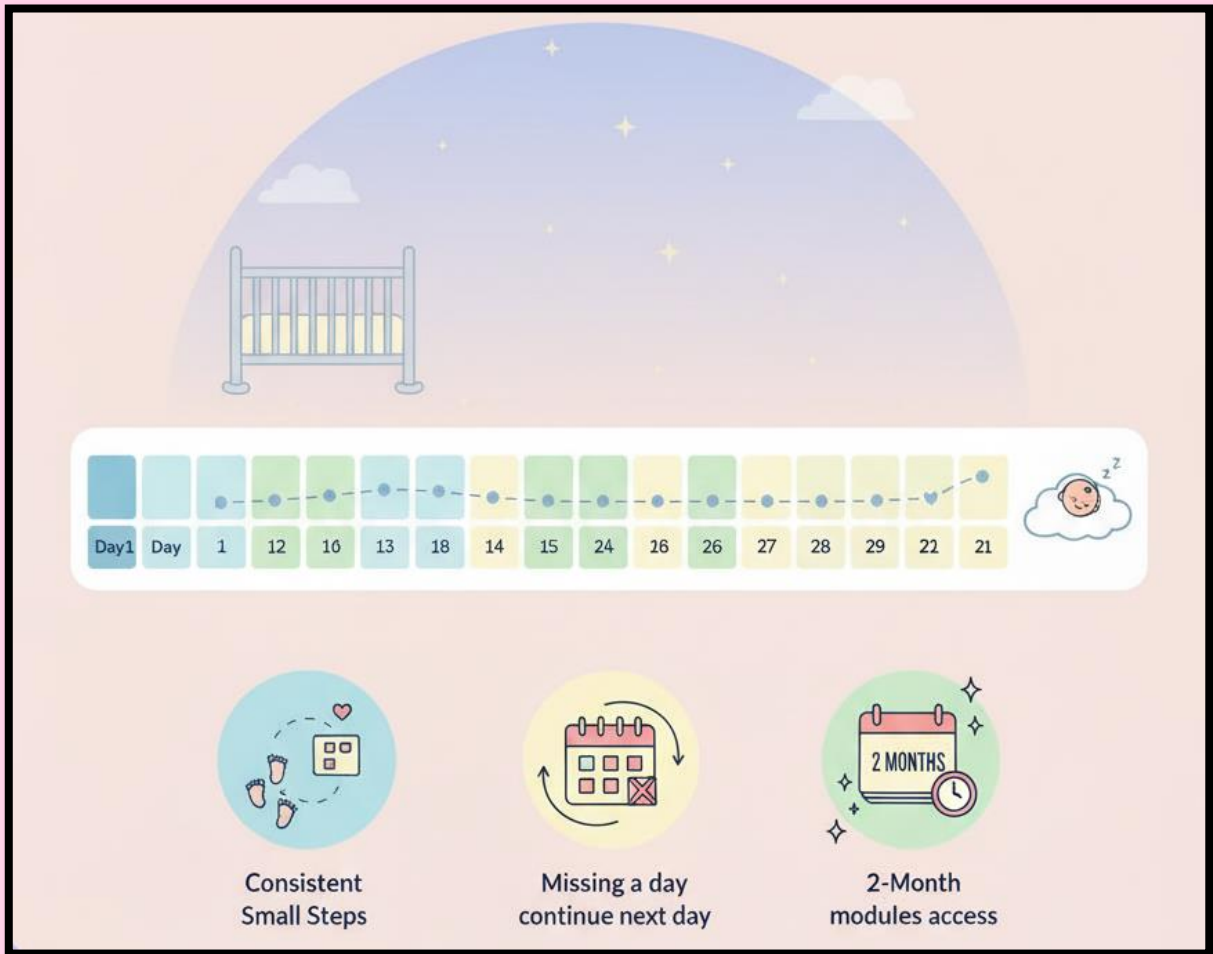
5.5 Nap Chat & Bedtime Talk 🗣️🌙

“It's sleepy time... Mama is right here...” 💖

5.6 Handling Overtired Baby 🤯📏👶

Use slow rocking, dim light, and soft humming 🎵.

6. 21-Day Training & Access Policy



6.1 Follow for 21 Days

Small, consistent steps → peaceful sleep.

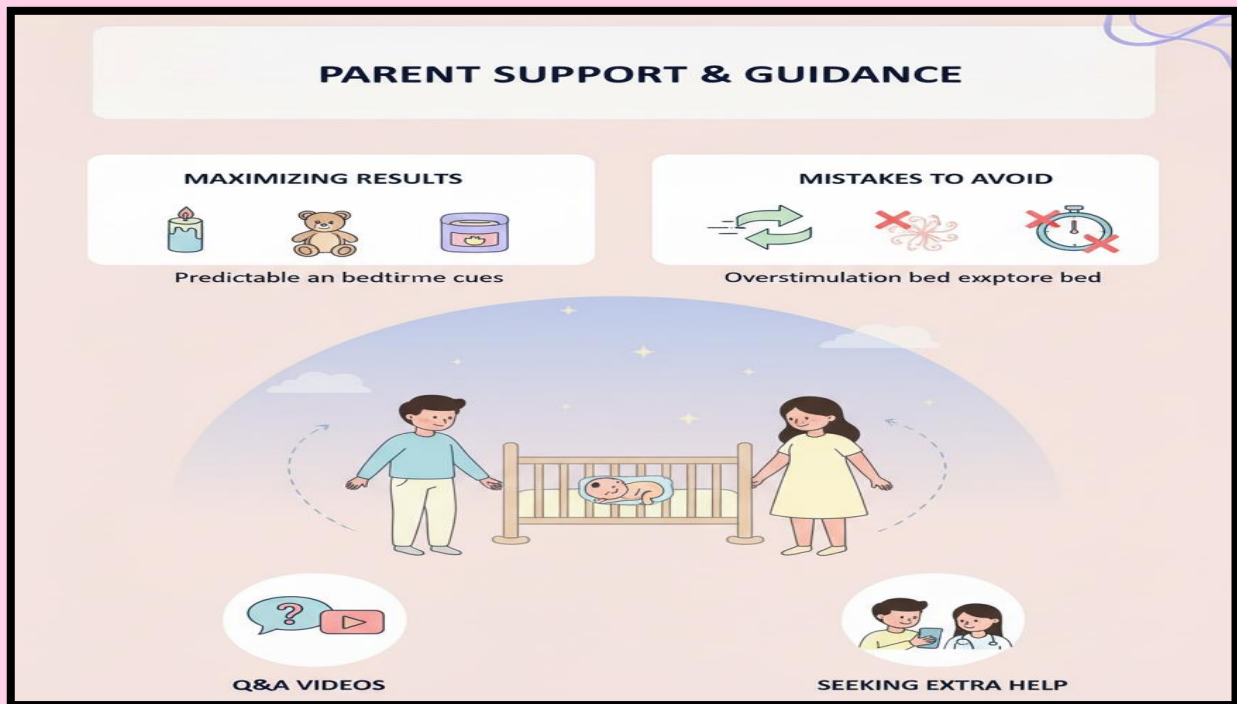
6.2 If You Miss a Day

Continue next day — do not restart.

6.3 2-Month Access

Use your modules wisely ✨.

7. Parent Support & Guidance 🤝👤👤👤



7.1 Maximize Results

Keep bedtime predictable 🕒

Use the same cues every night 📺🔊

7.2 Mistakes to Avoid

- ✗ Changing methods too fast
- ✗ Overstimulating before bed
- ✗ Expecting overnight changes

7.3 When to Use Q&A Videos

Anytime you feel stuck or confused ?💬

7.4 When to Seek Extra Help

If sleep issues continue due to health or special concerns.

□8. Dear Mama, You're Doing Your Best



At 2 AM, when the whole world was asleep, you felt yourself breaking a little. A mother's heart is soft... sometimes we feel like giving up. In that quiet darkness, you almost gave in and offered your baby the nipple, just to comfort him/her.

Answer:

It's completely natural to feel this way. If you choose to give the nipple once or twice at night, that's your loving choice. But when you decide not to give it and still end up giving in, it feels like you're taking a small step back.

Remember, dear mama—consistency is not about being perfect... it's about protecting your long-term peace and your baby's healthy habits.

You're doing beautifully, even on the difficult nights. 💕

□ 9. Little Things That Make Your Parenting Journey Easier

1. The Gita For Children

<https://www.crossword.in/products/the-gita-for-children>

2. The Magic Of The Lost Temple

<https://www.crossword.in/products/magic-of-the-lost-temple-over-2-lakh-copies-sold-paperback-sudha-murty>

3. How The Earth Got Its Beauty

<https://www.crossword.in/products/how-the-earth-got-its-beauty-puffin-chapter-book-gorgeous-new-full-colour-illustrated-chapter-book-for-young-readers-from-ages-5-and-up-by-sudha-murty-hardcover-murty-sudha-hardcover-sudha-murty>

4. 365 Stories From The Vedas, The Upanishads And The Puranas

<https://www.crossword.in/products/story-book-365-stories-from-the-vedas-the-upanishads-and-the-puranas-for-children-with-colourful-illustrations-365-series-hardcover-dipaali-sen-1>

5. Ramayana For Children

<https://www.crossword.in/products/ramayana-for-children-english-hardcover-om-books-editorial-team>

6. My First Mythology Tale (Illustrated) (Set of 5 Books) - Mahabharata, Krishna, Hanuman, Ganesha, Ramayana - Story Book for Kids

[https://www.amazon.in/First-Mythology-Tale-Illustrated-Books/dp/9390292964#:~:text=Follow-My%20First%20Mythology%20Tale%20\(Illustrated\)%20\(Set%20of%205%20Books\)%200%2D%20Mahabharata%2C%20Krishna%2C%20Hanuman%2C%20Ganesha%2C%20Ramayana%20%2D%20Story%20Book%20for%20Kids,-Paperback%20%E2%80%93%20Picture%20Book](https://www.amazon.in/First-Mythology-Tale-Illustrated-Books/dp/9390292964#:~:text=Follow-My%20First%20Mythology%20Tale%20(Illustrated)%20(Set%20of%205%20Books)%200%2D%20Mahabharata%2C%20Krishna%2C%20Hanuman%2C%20Ganesha%2C%20Ramayana%20%2D%20Story%20Book%20for%20Kids,-Paperback%20%E2%80%93%20Picture%20Book)

7. Goodnight, Angels

<https://www.amazon.in/Goodnight-Angels-Melody-Carlson/dp/031071687X#:~:text=Follow-,Goodnight%2C%20Angels,-Hardcover%20%E2%80%93%20Import%2C%2010>

8. 151 Bedtime Stories | Educative Stories for Kids

https://www.amazon.in/151-Bedtime-Stories-Educative-Kids/dp/B0FBM454BH/ref=sr_1_3?adgrpid=60030719718&dib=eyJ2ljojMSJ9.WOTluZ041jYWCYozIvKoluNXKawuF1G9nFA69zLFIFSnrBGOjrd-6nnRkgLonWDTQRv-7xXOhLLhySlbSxHgJkrbobZ65EVTaRf7ajOewkxY1ixIVcbhKBoUxloxISmvMgm4opV3mvGWROdfJ7FiLJ2GyJJ26aQZXp7Fi4ElbPkGn9vDHLHZ9UPqzYGUFHlckJohZiTf4HoZqlUMspqvEyfXGEZFjFpSfggzSR8icl8.RuYye1DHayPqpIMBd5sgsnP0auA8CHT5iz6Bz6nKO8&dib_tag=se&ext_vrnc=hi&hvadid=763390605293&hvdev=c&hvlocphy=2356&hvnetw=g&hvgmt=e&hvrnd=11560985344582817974&hvtargid=kwd-516655094295&hydadcr=10774_2260917&keywords=151+bedtime+stories&mcid=0c70cd5f79fb3106948ac5facca56060&qid=1765288150&sr=8-3#:~:text=Submit-151%20Bedtime%20Stories%20%7C%20Educative%20Stories%20for%20Kids,-Perfect%20Paperback%20%E2%80%93%2031

9. My Treasury of Bedtime Stories

https://www.shreebookcentre.com/my-treasury-of-bedtime-stories?gad_source=1&gad_campaignid=23240987670&gbraid=0AAAAA9ggafkhz5k6kK Nvg289-Jt8CRVsH&qclid=Cj0KCQjArt JBhCTARIsADQZaykSsbQTI aVrzqGTLvl3fNrvygdjL hXuouvUjCS1fzwG6SPCL9jIYaArrbEALw_wcB#:~:text=of%20Bedtime%20Stories-My%20Treasury%20of%20Bedtime%20Stories,-%E2%82%B9799

10. Good Nights Stories Box Set : Bedtime Stories, Short Story Books, Stories for Children, Fairy Tales Books | Set of 6 Kids Story Book

[https://www.flipkart.com/good-nights-stories-box-set-bedtime-stories-short-story-books-children-fairy-tales-books-6-kids-book/p/itm02b8f50258c85?pid=9780182958306&lid=LSTBOK9780182958306SK87GO&marketplace=FLIPKART&cmpid=content_book_8965229628_gmc#:~:text=Good%20Nights%20Stories%20Box%20Set%20%3A%20Bedtime%20Stories%2C%20Short%20Story%20Books%2C%20Stories%20for%20Children%2C%20Fairy%20Tales%20Books%20%7C%20Set%20of%206%20Kids%20Story%20Book%2C%A0%20\(Paperback%2C%20SAWAN\)](https://www.flipkart.com/good-nights-stories-box-set-bedtime-stories-short-story-books-children-fairy-tales-books-6-kids-book/p/itm02b8f50258c85?pid=9780182958306&lid=LSTBOK9780182958306SK87GO&marketplace=FLIPKART&cmpid=content_book_8965229628_gmc#:~:text=Good%20Nights%20Stories%20Box%20Set%20%3A%20Bedtime%20Stories%2C%20Short%20Story%20Books%2C%20Stories%20for%20Children%2C%20Fairy%20Tales%20Books%20%7C%20Set%20of%206%20Kids%20Story%20Book%2C%A0%20(Paperback%2C%20SAWAN))

🧠 10. Things That Help Keep Your Baby Warm and Ease Them into Sleep

1.



Ajwain Potli

<https://mydvja.com/product/ajwain-potli/>

2.



Baby Massage Oil

<https://mydvja.com/product/baby-massage-oil/>

11. 🌙 ✨ CONCLUSION

Your baby learns sleep through love, rhythm, safety, and consistency — never by pressure.

This program helps you gently guide your baby toward:

- Predictable routines 🛏
- Peaceful naps 😴
- Calmer nights 🌙
- Emotional security 📦💖

***Every baby is unique. Progress takes time.
Stay patient. Stay connected. Stay consistent.***

With this course, your baby's sleep journey becomes:

💖 ***Gentle. Predictable. Connected. Peaceful.***

We are with you at every step of your parenting journey.



📞 **For query or care**

📞 **Phone: +91 7030402232**

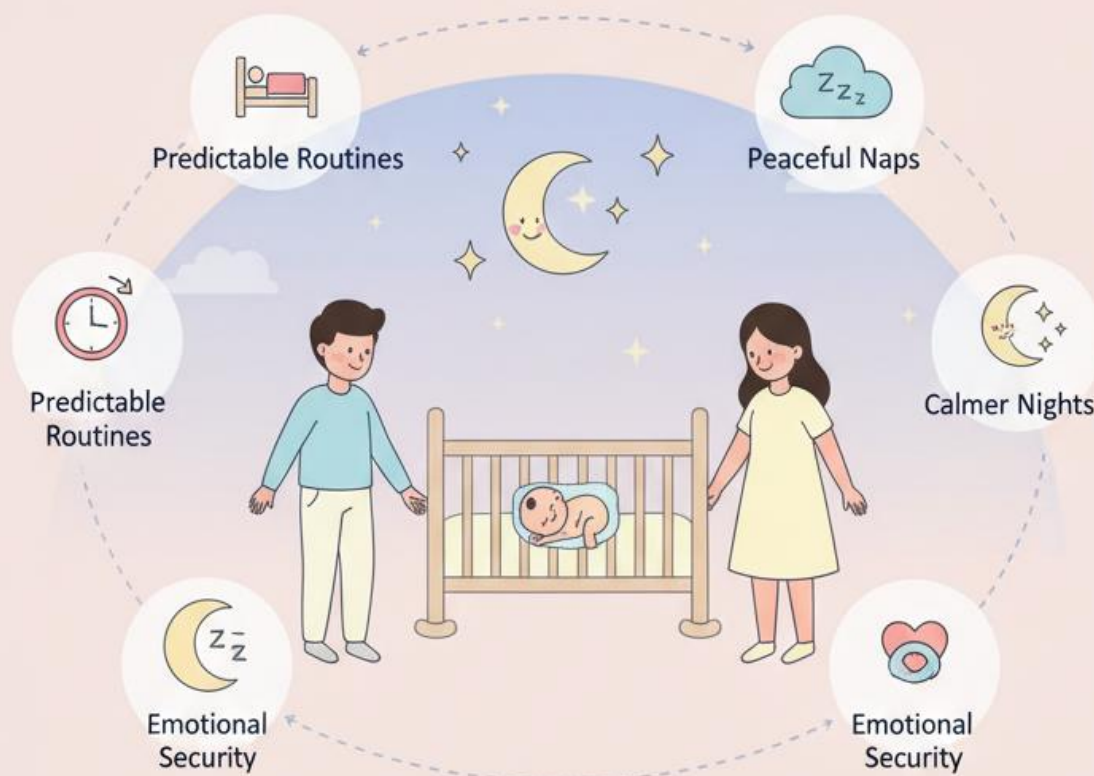
🎓 **Course Details: +91 7499270940**

🌐 **Website:**

[www.mydvija.com](https://mydvija.com)

OUR JOURNEY ENDS, YOUR PEACE BEGINS

KEY TAKEAWAYS



Gentle. Predictable. Connected. Peaceful

