

# Sleep Training Culture Bingo

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## Safety First!

Before you print all your bingo cards, please print a test page to check they come out the right size and color. Your bingo cards start on Page 3 of this PDF.

If your bingo cards have words then please check the spelling carefully.

If you need to make any changes go to [mfbc.us/e/b5ux9x](https://mfbc.us/e/b5ux9x)

## Play

Once you've checked they are printing correctly, print off your bingo cards and start playing! On the next page you will find the "Bingo Caller's Card" - this is used to call the bingo and keep track of which words have been called. Your bingo cards start on Page 3.

## Virtual Bingo

Please do not try to split this PDF into individual bingo cards to send out to players. We have tools on our site to send out links to individual bingo cards. For help go to [myfreebingocards.com/virtual-bingo](https://myfreebingocards.com/virtual-bingo).

## Help

If you're having trouble printing your bingo cards or using the bingo card generator then please go to <https://myfreebingocards.com/fag> where you will find solutions to most common problems.

## Share

[Pin these bingo cards](#) on Pinterest, [share on Facebook](#), or post this link: [mfbc.us/s/b5ux9x](https://mfbc.us/s/b5ux9x)

## Edit and Create

To add more words or make changes to this set of bingo cards go to [mfbc.us/e/b5ux9x](https://mfbc.us/e/b5ux9x)

Go to [myfreebingocards.com/bingo-card-generator](https://myfreebingocards.com/bingo-card-generator) to create a new set of bingo cards.

## Legal

The terms of use for these printable bingo cards can be found at [myfreebingocards.com/terms](https://myfreebingocards.com/terms).

## Have Fun!

If you have any feedback or suggestions, drop us an email on [hello@myfreebingocards.com](mailto:hello@myfreebingocards.com).

# Bingo Caller's Card

Use your Bingo Caller's Card to call the bingo and keep track of which words you have already called.

Print two copies of the caller's card. Cut one copy up, fold the squares in half, and put them in a hat. To call the bingo, pull a square out of the hat, unfold it and read it out.

When you have called a word/number, tick it off on the second copy of the caller's card. You can use the second copy of the caller's card to check if a player has a winning card during a game.

DROWSY BUT AWAKE	"JUST GRIZZLING"	PAT- SHHH	PAT THE MATTRESS	AVOID EYE CONTACT	EAT- PLAY- SLEEP	SCHEDULED FEEDS
SCHEDULED NAPS	"THE GIFT OF SLEEP"	"SLEEP DEPRIVATION WILL STUNT BABY'S DEVELOPMENT"	LIMITING OVERNIGHT FEEDS	DISAPPEARING CHAIR	"PROTESTING"	"NEEDS THE BOUNDARY TO BE HELD"
NAPS ARE ONLY TO BE DONE IN THE COT	"DON'T GIVE IN"	"IT'S HARDER FOR YOU THAN IT IS FOR THEM	"IT'S NOT CIO NO ONE DOES THAT ANYMORE"	DON'T COMFORT FEED	PUT THAT BABY DOWN, YOU'RE SPOILING IT	IF THEY'RE DRY, FED, AND CLEAN YOU'VE MEET ALL THEIR NEEDS
LEARN TO INTERPRET THEIR CRIES	SELF- SOOTHE	IF YOU ANSWER EVERY CRY THEY'LL EXPECT THAT	IF YOU DON'T DO X NOW, Y WILL NEVER HAPPEN			

# Sleep Training Culture

NAPS ARE ONLY TO BE DONE IN THE COT	"IT'S NOT CIO NO ONE DOES THAT ANYMORE"	DROWSY BUT AWAKE	"PROTESTING"	IF YOU ANSWER EVERY CRY THEY'LL EXPECT THAT
DISAPPEARING CHAIR	IF YOU DON'T DO X NOW, Y WILL NEVER HAPPEN	PAT THE MATTRESS	IF THEY'RE DRY, FED, AND CLEAN YOU'VE MEET ALL THEIR NEEDS	"NEEDS THE BOUNDARY TO BE HELD"
PAT-SHHH	"SLEEP DEPRIVATION WILL STUNT BABY'S DEVELOPMENT"	SCHEDULED FEEDS	"IT'S HARDER FOR YOU THAN IT IS FOR THEM	SCHEDULED NAPS
LEARN TO INTERPRET THEIR CRIES	"DON'T GIVE IN"	DON'T COMFORT FEED	SELF-SOOTHE	AVOID EYE CONTACT
"THE GIFT OF SLEEP"	"JUST GRIZZLING"	LIMITING OVERNIGHT FEEDS	EAT-PLAY-SLEEP	PUT THAT BABY DOWN, YOU'RE SPOILING IT

# Sleep Training Culture

PAT THE MATTRESS	EAT-PLAY-SLEEP	IF YOU DON'T DO X NOW, Y WILL NEVER HAPPEN	NAPS ARE ONLY TO BE DONE IN THE COT	LEARN TO INTERPRET THEIR CRIES
DISAPPEARING CHAIR	"SLEEP DEPRIVATION WILL STUNT BABY'S DEVELOPMENT"	LIMITING OVERNIGHT FEEDS	PAT-SHHH	"PROTESTING"
SCHEDULED NAPS	AVOID EYE CONTACT	"JUST GRIZZLING"	"IT'S HARDER FOR YOU THAN IT IS FOR THEM	DON'T COMFORT FEED
"NEEDS THE BOUNDARY TO BE HELD"	"IT'S NOT CIO NO ONE DOES THAT ANYMORE"	SCHEDULED FEEDS	"DON'T GIVE IN"	DROWSY BUT AWAKE
IF YOU ANSWER EVERY CRY THEY'LL EXPECT THAT	"THE GIFT OF SLEEP"	PUT THAT BABY DOWN, YOU'RE SPOILING IT	IF THEY'RE DRY, FED, AND CLEAN YOU'VE MEET ALL THEIR NEEDS	SELF-SOOTHE

# Sleep Training Culture

LIMITING OVERNIGHT FEEDS	IF THEY'RE DRY, FED, AND CLEAN YOU'VE MEET ALL THEIR NEEDS	PAT THE MATTRESS	AVOID EYE CONTACT	DON'T COMFORT FEED
PUT THAT BABY DOWN, YOU'RE SPOILING IT	"PROTESTING"	SELF-SOOTHE	"IT'S NOT CIO NO ONE DOES THAT ANYMORE"	SCHEDULED FEEDS
"SLEEP DEPRIVATION WILL STUNT BABY'S DEVELOPMENT"	EAT-PLAY-SLEEP	NAPS ARE ONLY TO BE DONE IN THE COT	"IT'S HARDER FOR YOU THAN IT IS FOR THEM	IF YOU DON'T DO X NOW, Y WILL NEVER HAPPEN
"THE GIFT OF SLEEP"	PAT-SHHH	"DON'T GIVE IN"	LEARN TO INTERPRET THEIR CRIES	SCHEDULED NAPS
IF YOU ANSWER EVERY CRY THEY'LL EXPECT THAT	DROWSY BUT AWAKE	DISAPPEARING CHAIR	"NEEDS THE BOUNDARY TO BE HELD"	"JUST GRIZZLING"

# Sleep Training Culture

SCHEDULED FEEDS	DROWSY BUT AWAKE	PAT-SHHH	"NEEDS THE BOUNDARY TO BE HELD"	EAT-PLAY-SLEEP
"IT'S HARDER FOR YOU THAN IT IS FOR THEM	IF THEY'RE DRY, FED, AND CLEAN YOU'VE MEET ALL THEIR NEEDS	IF YOU ANSWER EVERY CRY THEY'LL EXPECT THAT	SCHEDULED NAPS	PAT THE MATTRESS
NAPS ARE ONLY TO BE DONE IN THE COT	LIMITING OVERNIGHT FEEDS	SELF-SOOTHE	"SLEEP DEPRIVATION WILL STUNT BABY'S DEVELOPMENT"	"JUST GRIZZLING"
AVOID EYE CONTACT	LEARN TO INTERPRET THEIR CRIES	"PROTESTING"	PUT THAT BABY DOWN, YOU'RE SPOILING IT	DISAPPEARING CHAIR
IF YOU DON'T DO X NOW, Y WILL NEVER HAPPEN	"IT'S NOT CIO NO ONE DOES THAT ANYMORE"	DON'T COMFORT FEED	"DON'T GIVE IN"	"THE GIFT OF SLEEP"

# Sleep Training Culture

DROWSY BUT AWAKE	"NEEDS THE BOUNDARY TO BE HELD"	SCHEDULED FEEDS	"SLEEP DEPRIVATION WILL STUNT BABY'S DEVELOPMENT"	"DON'T GIVE IN"
LEARN TO INTERPRET THEIR CRIES	PAT THE MATTRESS	IF YOU DON'T DO X NOW, Y WILL NEVER HAPPEN	"IT'S HARDER FOR YOU THAN IT IS FOR THEM"	PUT THAT BABY DOWN, YOU'RE SPOILING IT
SELF-SOOTHE	"IT'S NOT CIO NO ONE DOES THAT ANYMORE"	SCHEDULED NAPS	DISAPPEARING CHAIR	DON'T COMFORT FEED
"PROTESTING"	"JUST GRIZZLING"	IF THEY'RE DRY, FED, AND CLEAN YOU'VE MEET ALL THEIR NEEDS	AVOID EYE CONTACT	NAPS ARE ONLY TO BE DONE IN THE COT
"THE GIFT OF SLEEP"	PAT-SHHH	LIMITING OVERNIGHT FEEDS	EAT-PLAY-SLEEP	IF YOU ANSWER EVERY CRY THEY'LL EXPECT THAT

# Sleep Training Culture

DROWSY BUT AWAKE	"IT'S NOT CIO NO ONE DOES THAT ANYMORE"	NAPS ARE ONLY TO BE DONE IN THE COT	"PROTESTING"	SELF-SOOTHE
"JUST GRIZZLING"	IF YOU DON'T DO X NOW, Y WILL NEVER HAPPEN	"SLEEP DEPRIVATION WILL STUNT BABY'S DEVELOPMENT"	EAT-PLAY-SLEEP	PAT THE MATTRESS
IF THEY'RE DRY, FED, AND CLEAN YOU'VE MEET ALL THEIR NEEDS	"DON'T GIVE IN"	LIMITING OVERNIGHT FEEDS	IF YOU ANSWER EVERY CRY THEY'LL EXPECT THAT	DON'T COMFORT FEED
LEARN TO INTERPRET THEIR CRIES	PAT-SHHH	SCHEDULED FEEDS	SCHEDULED NAPS	DISAPPEARING CHAIR
AVOID EYE CONTACT	PUT THAT BABY DOWN, YOU'RE SPOILING IT	"NEEDS THE BOUNDARY TO BE HELD"	"IT'S HARDER FOR YOU THAN IT IS FOR THEM"	"THE GIFT OF SLEEP"

# Sleep Training Culture

SCHEDULED NAPS	"JUST GRIZZLING"	IF YOU ANSWER EVERY CRY THEY'LL EXPECT THAT	PAT-SHHH	SELF-SOOTHE
"THE GIFT OF SLEEP"	PAT THE MATTRESS	IF YOU DON'T DO X NOW, Y WILL NEVER HAPPEN	"PROTESTING"	DON'T COMFORT FEED
"SLEEP DEPRIVATION WILL STUNT BABY'S DEVELOPMENT"	LIMITING OVERNIGHT FEEDS	DISAPPEARING CHAIR	"IT'S HARDER FOR YOU THAN IT IS FOR THEM	IF THEY'RE DRY, FED, AND CLEAN YOU'VE MEET ALL THEIR NEEDS
DROWSY BUT AWAKE	EAT-PLAY-SLEEP	AVOID EYE CONTACT	"DON'T GIVE IN"	SCHEDULED FEEDS
NAPS ARE ONLY TO BE DONE IN THE COT	LEARN TO INTERPRET THEIR CRIES	"NEEDS THE BOUNDARY TO BE HELD"	PUT THAT BABY DOWN, YOU'RE SPOILING IT	"IT'S NOT CIO NO ONE DOES THAT ANYMORE"

# Sleep Training Culture

SCHEDULED NAPS	NAPS ARE ONLY TO BE DONE IN THE COT	LEARN TO INTERPRET THEIR CRIES	DISAPPEARING CHAIR	"DON'T GIVE IN"
"JUST GRIZZLING"	SCHEDULED FEEDS	"IT'S HARDER FOR YOU THAN IT IS FOR THEM	DROWSY BUT AWAKE	"NEEDS THE BOUNDARY TO BE HELD"
PAT THE MATTRESS	LIMITING OVERNIGHT FEEDS	IF THEY'RE DRY, FED, AND CLEAN YOU'VE MEET ALL THEIR NEEDS	"SLEEP DEPRIVATION WILL STUNT BABY'S DEVELOPMENT"	"PROTESTING"
PUT THAT BABY DOWN, YOU'RE SPOILING IT	"IT'S NOT CIO NO ONE DOES THAT ANYMORE"	SELF-SOOTHE	DON'T COMFORT FEED	IF YOU ANSWER EVERY CRY THEY'LL EXPECT THAT
AVOID EYE CONTACT	"THE GIFT OF SLEEP"	IF YOU DON'T DO X NOW, Y WILL NEVER HAPPEN	EAT-PLAY-SLEEP	PAT-SHHH

# Sleep Training Culture

LEARN TO INTERPRET THEIR CRIES	AVOID EYE CONTACT	EAT-PLAY-SLEEP	PAT-SHHH	"IT'S HARDER FOR YOU THAN IT IS FOR THEM"
DROWSY BUT AWAKE	"NEEDS THE BOUNDARY TO BE HELD"	"PROTESTING"	DON'T COMFORT FEED	NAPS ARE ONLY TO BE DONE IN THE COT
LIMITING OVERNIGHT FEEDS	IF THEY'RE DRY, FED, AND CLEAN YOU'VE MEET ALL THEIR NEEDS	SCHEDULED NAPS	"SLEEP DEPRIVATION WILL STUNT BABY'S DEVELOPMENT"	IF YOU DON'T DO X NOW, Y WILL NEVER HAPPEN
PUT THAT BABY DOWN, YOU'RE SPOILING IT	"THE GIFT OF SLEEP"	IF YOU ANSWER EVERY CRY THEY'LL EXPECT THAT	"JUST GRIZZLING"	DISAPPEARING CHAIR
"DON'T GIVE IN"	PAT THE MATTRESS	"IT'S NOT CIO NO ONE DOES THAT ANYMORE"	SELF-SOOTHE	SCHEDULED FEEDS

# Sleep Training Culture

SCHEDULED FEEDS	PAT-SHHH	IF YOU ANSWER EVERY CRY THEY'LL EXPECT THAT	"IT'S NOT CIO NO ONE DOES THAT ANYMORE"	"JUST GRIZZLING"
IF YOU DON'T DO X NOW, Y WILL NEVER HAPPEN	"THE GIFT OF SLEEP"	"SLEEP DEPRIVATION WILL STUNT BABY'S DEVELOPMENT"	"IT'S HARDER FOR YOU THAN IT IS FOR THEM"	"DON'T GIVE IN"
EAT-PLAY-SLEEP	SELF-SOOTHE	NAPS ARE ONLY TO BE DONE IN THE COT	AVOID EYE CONTACT	PAT THE MATTRESS
DON'T COMFORT FEED	SCHEDULED NAPS	DROWSY BUT AWAKE	PUT THAT BABY DOWN, YOU'RE SPOILING IT	"NEEDS THE BOUNDARY TO BE HELD"
DISAPPEARING CHAIR	LIMITING OVERNIGHT FEEDS	LEARN TO INTERPRET THEIR CRIES	"PROTESTING"	IF THEY'RE DRY, FED, AND CLEAN YOU'VE MEET ALL THEIR NEEDS

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## Sleep Training Culture

"IT'S NOT CIO NO ONE DOES THAT ANYMORE"	PUT THAT BABY DOWN, YOU'RE SPOILING IT	NAPS ARE ONLY TO BE DONE IN THE COT	"IT'S HARDER FOR YOU THAN IT IS FOR THEM	"PROTESTING"
IF THEY'RE DRY, FED, AND CLEAN YOU'VE MEET ALL THEIR NEEDS	LEARN TO INTERPRET THEIR CRIES	DROWSY BUT AWAKE	EAT-PLAY-SLEEP	PAT THE MATTRESS
"THE GIFT OF SLEEP"	SCHEDULED NAPS	IF YOU ANSWER EVERY CRY THEY'LL EXPECT THAT	SELF-SOOTHE	DON'T COMFORT FEED
IF YOU DON'T DO X NOW, Y WILL NEVER HAPPEN	LIMITING OVERNIGHT FEEDS	PAT-SHHH	"JUST GRIZZLING"	SCHEDULED FEEDS
"DON'T GIVE IN"	"SLEEP DEPRIVATION WILL STUNT BABY'S DEVELOPMENT"	"NEEDS THE BOUNDARY TO BE HELD"	DISAPPEARING CHAIR	AVOID EYE CONTACT

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## Sleep Training Culture

IF YOU DON'T DO X NOW, Y WILL NEVER HAPPEN	"THE GIFT OF SLEEP"	IF THEY'RE DRY, FED, AND CLEAN YOU'VE MEET ALL THEIR NEEDS	"IT'S NOT CIO NO ONE DOES THAT ANYMORE"	"SLEEP DEPRIVATION WILL STUNT BABY'S DEVELOPMENT"
AVOID EYE CONTACT	EAT-PLAY-SLEEP	DISAPPEARING CHAIR	PUT THAT BABY DOWN, YOU'RE SPOILING IT	"PROTESTING"
DON'T COMFORT FEED	PAT THE MATTRESS	"IT'S HARDER FOR YOU THAN IT IS FOR THEM	SELF-SOOTHE	SCHEDULED NAPS
DROWSY BUT AWAKE	SCHEDULED FEEDS	NAPS ARE ONLY TO BE DONE IN THE COT	LEARN TO INTERPRET THEIR CRIES	"JUST GRIZZLING"
"DON'T GIVE IN"	LIMITING OVERNIGHT FEEDS	IF YOU ANSWER EVERY CRY THEY'LL EXPECT THAT	PAT-SHHH	"NEEDS THE BOUNDARY TO BE HELD"

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## Sleep Training Culture

PAT THE MATTRESS	SELF-SOOTHE	"NEEDS THE BOUNDARY TO BE HELD"	LEARN TO INTERPRET THEIR CRIES	AVOID EYE CONTACT
EAT-PLAY-SLEEP	"JUST GRIZZLING"	"PROTESTING"	SCHEDULED NAPS	IF THEY'RE DRY, FED, AND CLEAN YOU'VE MEET ALL THEIR NEEDS
IF YOU DON'T DO X NOW, Y WILL NEVER HAPPEN	PAT-SHHH	NAPS ARE ONLY TO BE DONE IN THE COT	"SLEEP DEPRIVATION WILL STUNT BABY'S DEVELOPMENT"	"THE GIFT OF SLEEP"
"DON'T GIVE IN"	IF YOU ANSWER EVERY CRY THEY'LL EXPECT THAT	"IT'S HARDER FOR YOU THAN IT IS FOR THEM"	DISAPPEARING CHAIR	SCHEDULED FEEDS
"IT'S NOT CIO NO ONE DOES THAT ANYMORE"	DON'T COMFORT FEED	DROWSY BUT AWAKE	PUT THAT BABY DOWN, YOU'RE SPOILING IT	LIMITING OVERNIGHT FEEDS

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## Sleep Training Culture

AVOID EYE CONTACT	SELF-SOOTHE	"NEEDS THE BOUNDARY TO BE HELD"	DON'T COMFORT FEED	EAT-PLAY-SLEEP
"JUST GRIZZLING"	PAT THE MATTRESS	LIMITING OVERNIGHT FEEDS	DISAPPEARING CHAIR	IF THEY'RE DRY, FED, AND CLEAN YOU'VE MEET ALL THEIR NEEDS
"SLEEP DEPRIVATION WILL STUNT BABY'S DEVELOPMENT"	PUT THAT BABY DOWN, YOU'RE SPOILING IT	IF YOU DON'T DO X NOW, Y WILL NEVER HAPPEN	"DON'T GIVE IN"	DROWSY BUT AWAKE
IF YOU ANSWER EVERY CRY THEY'LL EXPECT THAT	"IT'S HARDER FOR YOU THAN IT IS FOR THEM"	SCHEDULED FEEDS	"PROTESTING"	PAT-SHHH
NAPS ARE ONLY TO BE DONE IN THE COT	SCHEDULED NAPS	LEARN TO INTERPRET THEIR CRIES	"THE GIFT OF SLEEP"	"IT'S NOT CIO NO ONE DOES THAT ANYMORE"

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# Sleep Training Culture

"THE GIFT OF SLEEP"	LEARN TO INTERPRET THEIR CRIES	DROWSY BUT AWAKE	IF YOU DON'T DO X NOW, Y WILL NEVER HAPPEN	"IT'S NOT CIO NO ONE DOES THAT ANYMORE"
LIMITING OVERNIGHT FEEDS	SCHEDULED FEEDS	EAT-PLAY-SLEEP	"PROTESTING"	"IT'S HARDER FOR YOU THAN IT IS FOR THEM
IF THEY'RE DRY, FED, AND CLEAN YOU'VE MEET ALL THEIR NEEDS	"NEEDS THE BOUNDARY TO BE HELD"	PAT-SHHH	PAT THE MATTRESS	NAPS ARE ONLY TO BE DONE IN THE COT
SELF-SOOTHE	DISAPPEARING CHAIR	"SLEEP DEPRIVATION WILL STUNT BABY'S DEVELOPMENT"	SCHEDULED NAPS	"DON'T GIVE IN"
PUT THAT BABY DOWN, YOU'RE SPOILING IT	"JUST GRIZZLING"	IF YOU ANSWER EVERY CRY THEY'LL EXPECT THAT	DON'T COMFORT FEED	AVOID EYE CONTACT

# Sleep Training Culture

"IT'S HARDER FOR YOU THAN IT IS FOR THEM	IF THEY'RE DRY, FED, AND CLEAN YOU'VE MEET ALL THEIR NEEDS	DON'T COMFORT FEED	SCHEDULED NAPS	"SLEEP DEPRIVATION WILL STUNT BABY'S DEVELOPMENT"
SCHEDULED FEEDS	PUT THAT BABY DOWN, YOU'RE SPOILING IT	PAT THE MATTRESS	SELF-SOOTHE	EAT-PLAY-SLEEP
LIMITING OVERNIGHT FEEDS	IF YOU ANSWER EVERY CRY THEY'LL EXPECT THAT	"DON'T GIVE IN"	DROWSY BUT AWAKE	AVOID EYE CONTACT
IF YOU DON'T DO X NOW, Y WILL NEVER HAPPEN	NAPS ARE ONLY TO BE DONE IN THE COT	DISAPPEARING CHAIR	LEARN TO INTERPRET THEIR CRIES	PAT-SHHH
"NEEDS THE BOUNDARY TO BE HELD"	"THE GIFT OF SLEEP"	"IT'S NOT CIO NO ONE DOES THAT ANYMORE"	"PROTESTING"	"JUST GRIZZLING"

# Sleep Training Culture

DROWSY BUT AWAKE	IF THEY'RE DRY, FED, AND CLEAN YOU'VE MEET ALL THEIR NEEDS	"PROTESTING"	SCHEDULED NAPS	SELF-SOOTHE
"NEEDS THE BOUNDARY TO BE HELD"	"THE GIFT OF SLEEP"	"IT'S NOT CIO NO ONE DOES THAT ANYMORE"	PAT-SHHH	LEARN TO INTERPRET THEIR CRIES
AVOID EYE CONTACT	EAT-PLAY-SLEEP	"DON'T GIVE IN"	DISAPPEARING CHAIR	IF YOU DON'T DO X NOW, Y WILL NEVER HAPPEN
DON'T COMFORT FEED	"JUST GRIZZLING"	PUT THAT BABY DOWN, YOU'RE SPOILING IT	IF YOU ANSWER EVERY CRY THEY'LL EXPECT THAT	LIMITING OVERNIGHT FEEDS
NAPS ARE ONLY TO BE DONE IN THE COT	SCHEDULED FEEDS	"IT'S HARDER FOR YOU THAN IT IS FOR THEM"	"SLEEP DEPRIVATION WILL STUNT BABY'S DEVELOPMENT"	PAT THE MATTRESS

# Sleep Training Culture

DON'T COMFORT FEED	"IT'S NOT CIO NO ONE DOES THAT ANYMORE"	"DON'T GIVE IN"	"NEEDS THE BOUNDARY TO BE HELD"	PAT THE MATTRESS
EAT-PLAY-SLEEP	NAPS ARE ONLY TO BE DONE IN THE COT	IF THEY'RE DRY, FED, AND CLEAN YOU'VE MEET ALL THEIR NEEDS	IF YOU ANSWER EVERY CRY THEY'LL EXPECT THAT	LIMITING OVERNIGHT FEEDS
SCHEDULED FEEDS	DROWSY BUT AWAKE	DISAPPEARING CHAIR	AVOID EYE CONTACT	LEARN TO INTERPRET THEIR CRIES
PAT-SHHH	"SLEEP DEPRIVATION WILL STUNT BABY'S DEVELOPMENT"	"THE GIFT OF SLEEP"	"PROTESTING"	"JUST GRIZZLING"
"IT'S HARDER FOR YOU THAN IT IS FOR THEM"	IF YOU DON'T DO X NOW, Y WILL NEVER HAPPEN	PUT THAT BABY DOWN, YOU'RE SPOILING IT	SCHEDULED NAPS	SELF-SOOTHE

Bingo Card ID 019

## Sleep Training Culture

"SLEEP DEPRIVATION WILL STUNT BABY'S DEVELOPMENT"	DISAPPEARING CHAIR	SELF-SOOTHE	DON'T COMFORT FEED	AVOID EYE CONTACT
"JUST GRIZZLING"	LEARN TO INTERPRET THEIR CRIES	"NEEDS THE BOUNDARY TO BE HELD"	EAT-PLAY-SLEEP	IF YOU ANSWER EVERY CRY THEY'LL EXPECT THAT
LIMITING OVERNIGHT FEEDS	SCHEDULED NAPS	NAPS ARE ONLY TO BE DONE IN THE COT	"PROTESTING"	PAT-SHHH
IF YOU DON'T DO X NOW, Y WILL NEVER HAPPEN	"THE GIFT OF SLEEP"	PAT THE MATTRESS	"IT'S HARDER FOR YOU THAN IT IS FOR THEM"	"DON'T GIVE IN"
DROWSY BUT AWAKE	PUT THAT BABY DOWN, YOU'RE SPOILING IT	IF THEY'RE DRY, FED, AND CLEAN YOU'VE MEET ALL THEIR NEEDS	SCHEDULED FEEDS	"IT'S NOT CIO NO ONE DOES THAT ANYMORE"

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## Sleep Training Culture

EAT-PLAY-SLEEP	PAT-SHHH	"SLEEP DEPRIVATION WILL STUNT BABY'S DEVELOPMENT"	IF THEY'RE DRY, FED, AND CLEAN YOU'VE MEET ALL THEIR NEEDS	"DON'T GIVE IN"
IF YOU DON'T DO X NOW, Y WILL NEVER HAPPEN	IF YOU ANSWER EVERY CRY THEY'LL EXPECT THAT	"THE GIFT OF SLEEP"	DROWSY BUT AWAKE	"IT'S NOT CIO NO ONE DOES THAT ANYMORE"
SELF-SOOTHE	PUT THAT BABY DOWN, YOU'RE SPOILING IT	DISAPPEARING CHAIR	DON'T COMFORT FEED	LEARN TO INTERPRET THEIR CRIES
PAT THE MATTRESS	"JUST GRIZZLING"	SCHEDULED FEEDS	SCHEDULED NAPS	LIMITING OVERNIGHT FEEDS
"IT'S HARDER FOR YOU THAN IT IS FOR THEM"	"PROTESTING"	"NEEDS THE BOUNDARY TO BE HELD"	AVOID EYE CONTACT	NAPS ARE ONLY TO BE DONE IN THE COT

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## Sleep Training Culture

PAT-SHHH	IF YOU ANSWER EVERY CRY THEY'LL EXPECT THAT	IF THEY'RE DRY, FED, AND CLEAN YOU'VE MEET ALL THEIR NEEDS	"THE GIFT OF SLEEP"	NAPS ARE ONLY TO BE DONE IN THE COT
LIMITING OVERNIGHT FEEDS	DROWSY BUT AWAKE	SCHEDULED FEEDS	"NEEDS THE BOUNDARY TO BE HELD"	"IT'S HARDER FOR YOU THAN IT IS FOR THEM
"JUST GRIZZLING"	"PROTESTING"	SCHEDULED NAPS	SELF-SOOTHE	AVOID EYE CONTACT
IF YOU DON'T DO X NOW, Y WILL NEVER HAPPEN	PAT THE MATTRESS	"DON'T GIVE IN"	EAT-PLAY-SLEEP	DON'T COMFORT FEED
"SLEEP DEPRIVATION WILL STUNT BABY'S DEVELOPMENT"	"IT'S NOT CIO NO ONE DOES THAT ANYMORE"	DISAPPEARING CHAIR	PUT THAT BABY DOWN, YOU'RE SPOILING IT	LEARN TO INTERPRET THEIR CRIES

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## Sleep Training Culture

DON'T COMFORT FEED	"DON'T GIVE IN"	"NEEDS THE BOUNDARY TO BE HELD"	AVOID EYE CONTACT	IF YOU ANSWER EVERY CRY THEY'LL EXPECT THAT
DROWSY BUT AWAKE	IF YOU DON'T DO X NOW, Y WILL NEVER HAPPEN	"IT'S NOT CIO NO ONE DOES THAT ANYMORE"	LEARN TO INTERPRET THEIR CRIES	"IT'S HARDER FOR YOU THAN IT IS FOR THEM
SCHEDULED NAPS	PAT THE MATTRESS	PUT THAT BABY DOWN, YOU'RE SPOILING IT	DISAPPEARING CHAIR	NAPS ARE ONLY TO BE DONE IN THE COT
"JUST GRIZZLING"	EAT-PLAY-SLEEP	PAT-SHHH	"PROTESTING"	"THE GIFT OF SLEEP"
SCHEDULED FEEDS	SELF-SOOTHE	LIMITING OVERNIGHT FEEDS	IF THEY'RE DRY, FED, AND CLEAN YOU'VE MEET ALL THEIR NEEDS	"SLEEP DEPRIVATION WILL STUNT BABY'S DEVELOPMENT"

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# Sleep Training Culture

DISAPPEARING CHAIR	AVOID EYE CONTACT	"DON'T GIVE IN"	IF YOU DON'T DO X NOW, Y WILL NEVER HAPPEN	"JUST GRIZZLING"
PAT-SHHH	SCHEDULED NAPS	LIMITING OVERNIGHT FEEDS	SCHEDULED FEEDS	LEARN TO INTERPRET THEIR CRIES
PAT THE MATTRESS	DON'T COMFORT FEED	"SLEEP DEPRIVATION WILL STUNT BABY'S DEVELOPMENT"	"THE GIFT OF SLEEP"	SELF-SOOTHE
EAT-PLAY-SLEEP	PUT THAT BABY DOWN, YOU'RE SPOILING IT	IF YOU ANSWER EVERY CRY THEY'LL EXPECT THAT	IF THEY'RE DRY, FED, AND CLEAN YOU'VE MEET ALL THEIR NEEDS	"NEEDS THE BOUNDARY TO BE HELD"
"PROTESTING"	NAPS ARE ONLY TO BE DONE IN THE COT	"IT'S HARDER FOR YOU THAN IT IS FOR THEM	"IT'S NOT CIO NO ONE DOES THAT ANYMORE"	DROWSY BUT AWAKE

# Sleep Training Culture

PUT THAT BABY DOWN, YOU'RE SPOILING IT	LIMITING OVERNIGHT FEEDS	"SLEEP DEPRIVATION WILL STUNT BABY'S DEVELOPMENT"	"IT'S NOT CIO NO ONE DOES THAT ANYMORE"	DISAPPEARING CHAIR
IF YOU ANSWER EVERY CRY THEY'LL EXPECT THAT	IF THEY'RE DRY, FED, AND CLEAN YOU'VE MEET ALL THEIR NEEDS	SELF-SOOTHE	SCHEDULED FEEDS	DROWSY BUT AWAKE
EAT-PLAY-SLEEP	"THE GIFT OF SLEEP"	"NEEDS THE BOUNDARY TO BE HELD"	DON'T COMFORT FEED	LEARN TO INTERPRET THEIR CRIES
IF YOU DON'T DO X NOW, Y WILL NEVER HAPPEN	"DON'T GIVE IN"	"JUST GRIZZLING"	AVOID EYE CONTACT	"PROTESTING"
NAPS ARE ONLY TO BE DONE IN THE COT	PAT-SHHH	"IT'S HARDER FOR YOU THAN IT IS FOR THEM	PAT THE MATTRESS	SCHEDULED NAPS

# Sleep Training Culture

LIMITING OVERNIGHT FEEDS	EAT- PLAY- SLEEP	SCHEDULED FEEDS	"NEEDS THE BOUNDARY TO BE HELD"	"JUST GRIZZLING"
LEARN TO INTERPRET THEIR CRIES	DON'T COMFORT FEED	"DON'T GIVE IN"	AVOID EYE CONTACT	SCHEDULED NAPS
DISAPPEARING CHAIR	IF THEY'RE DRY, FED, AND CLEAN YOU'VE MEET ALL THEIR NEEDS	"IT'S NOT CIO NO ONE DOES THAT ANYMORE"	PAT- SHHH	PUT THAT BABY DOWN, YOU'RE SPOILING IT
PAT THE MATTRESS	SELF- SOOTHE	"PROTESTING"	NAPS ARE ONLY TO BE DONE IN THE COT	IF YOU ANSWER EVERY CRY THEY'LL EXPECT THAT
"THE GIFT OF SLEEP"	DROWSY BUT AWAKE	IF YOU DON'T DO X NOW, Y WILL NEVER HAPPEN	"IT'S HARDER FOR YOU THAN IT IS FOR THEM	"SLEEP DEPRIVATION WILL STUNT BABY'S DEVELOPMENT"

# Sleep Training Culture

"DON'T GIVE IN"	"THE GIFT OF SLEEP"	AVOID EYE CONTACT	PAT THE MATTRESS	"SLEEP DEPRIVATION WILL STUNT BABY'S DEVELOPMENT"
"IT'S HARDER FOR YOU THAN IT IS FOR THEM	SCHEDULED NAPS	DON'T COMFORT FEED	PAT- SHHH	DISAPPEARING CHAIR
"NEEDS THE BOUNDARY TO BE HELD"	IF YOU DON'T DO X NOW, Y WILL NEVER HAPPEN	DROWSY BUT AWAKE	"JUST GRIZZLING"	IF YOU ANSWER EVERY CRY THEY'LL EXPECT THAT
LIMITING OVERNIGHT FEEDS	PUT THAT BABY DOWN, YOU'RE SPOILING IT	EAT- PLAY- SLEEP	SELF- SOOTHE	IF THEY'RE DRY, FED, AND CLEAN YOU'VE MEET ALL THEIR NEEDS
NAPS ARE ONLY TO BE DONE IN THE COT	LEARN TO INTERPRET THEIR CRIES	"IT'S NOT CIO NO ONE DOES THAT ANYMORE"	"PROTESTING"	SCHEDULED FEEDS

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## Sleep Training Culture

DROWSY BUT AWAKE	"THE GIFT OF SLEEP"	SCHEDULED NAPS	SCHEDULED FEEDS	EAT-PLAY-SLEEP
PAT-SHHH	"IT'S HARDER FOR YOU THAN IT IS FOR THEM"	"DON'T GIVE IN"	SELF-SOOTHE	PUT THAT BABY DOWN, YOU'RE SPOILING IT
"NEEDS THE BOUNDARY TO BE HELD"	LIMITING OVERNIGHT FEEDS	DON'T COMFORT FEED	"JUST GRIZZLING"	NAPS ARE ONLY TO BE DONE IN THE COT
LEARN TO INTERPRET THEIR CRIES	IF YOU ANSWER EVERY CRY THEY'LL EXPECT THAT	IF THEY'RE DRY, FED, AND CLEAN YOU'VE MEET ALL THEIR NEEDS	AVOID EYE CONTACT	DISAPPEARING CHAIR
"IT'S NOT CIO NO ONE DOES THAT ANYMORE"	IF YOU DON'T DO X NOW, Y WILL NEVER HAPPEN	PAT THE MATTRESS	"PROTESTING"	"SLEEP DEPRIVATION WILL STUNT BABY'S DEVELOPMENT"

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## Sleep Training Culture

DISAPPEARING CHAIR	NAPS ARE ONLY TO BE DONE IN THE COT	SCHEDULED NAPS	IF YOU DON'T DO X NOW, Y WILL NEVER HAPPEN	"SLEEP DEPRIVATION WILL STUNT BABY'S DEVELOPMENT"
PAT-SHHH	PUT THAT BABY DOWN, YOU'RE SPOILING IT	SCHEDULED FEEDS	"DON'T GIVE IN"	IF THEY'RE DRY, FED, AND CLEAN YOU'VE MEET ALL THEIR NEEDS
"JUST GRIZZLING"	LIMITING OVERNIGHT FEEDS	PAT THE MATTRESS	AVOID EYE CONTACT	LEARN TO INTERPRET THEIR CRIES
"NEEDS THE BOUNDARY TO BE HELD"	"IT'S NOT CIO NO ONE DOES THAT ANYMORE"	"THE GIFT OF SLEEP"	"PROTESTING"	EAT-PLAY-SLEEP
SELF-SOOTHE	IF YOU ANSWER EVERY CRY THEY'LL EXPECT THAT	"IT'S HARDER FOR YOU THAN IT IS FOR THEM"	DON'T COMFORT FEED	DROWSY BUT AWAKE

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## Sleep Training Culture

DISAPPEARING CHAIR	"IT'S NOT CIO NO ONE DOES THAT ANYMORE"	PUT THAT BABY DOWN, YOU'RE SPOILING IT	"DON'T GIVE IN"	"NEEDS THE BOUNDARY TO BE HELD"
"THE GIFT OF SLEEP"	"IT'S HARDER FOR YOU THAN IT IS FOR THEM	"JUST GRIZZLING"	DON'T COMFORT FEED	LEARN TO INTERPRET THEIR CRIES
EAT-PLAY-SLEEP	IF THEY'RE DRY, FED, AND CLEAN YOU'VE MEET ALL THEIR NEEDS	SELF-SOOTHE	SCHEDULED FEEDS	"SLEEP DEPRIVATION WILL STUNT BABY'S DEVELOPMENT"
LIMITING OVERNIGHT FEEDS	PAT THE MATTRESS	PAT-SHHH	"PROTESTING"	SCHEDULED NAPS
IF YOU ANSWER EVERY CRY THEY'LL EXPECT THAT	IF YOU DON'T DO X NOW, Y WILL NEVER HAPPEN	NAPS ARE ONLY TO BE DONE IN THE COT	AVOID EYE CONTACT	DROWSY BUT AWAKE

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## Sleep Training Culture

IF YOU ANSWER EVERY CRY THEY'LL EXPECT THAT	"THE GIFT OF SLEEP"	"IT'S HARDER FOR YOU THAN IT IS FOR THEM	"SLEEP DEPRIVATION WILL STUNT BABY'S DEVELOPMENT"	SCHEDULED FEEDS
"PROTESTING"	IF THEY'RE DRY, FED, AND CLEAN YOU'VE MEET ALL THEIR NEEDS	PAT-SHHH	DISAPPEARING CHAIR	SCHEDULED NAPS
NAPS ARE ONLY TO BE DONE IN THE COT	EAT-PLAY-SLEEP	DROWSY BUT AWAKE	"NEEDS THE BOUNDARY TO BE HELD"	"IT'S NOT CIO NO ONE DOES THAT ANYMORE"
DON'T COMFORT FEED	PAT THE MATTRESS	LIMITING OVERNIGHT FEEDS	AVOID EYE CONTACT	"JUST GRIZZLING"
"DON'T GIVE IN"	PUT THAT BABY DOWN, YOU'RE SPOILING IT	IF YOU DON'T DO X NOW, Y WILL NEVER HAPPEN	LEARN TO INTERPRET THEIR CRIES	SELF-SOOTHE

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