

SLEEP TRAINING

5 Methods that Could Work for You

Sleep training usually begins around 4-6 months of age and involves teaching your child to fall asleep without help or assistance from you. The goal is to provide your child with the strategies they need to be able to fall asleep without being rocked, cuddled, nursed or shushed by an adult.

CRY IT OUT METHOD

As long as the baby is fed, dry and in a safe sleep environment, **you don't go back** into the room until the next feed or the next morning...**even if the baby is crying.**

FERBER METHOD

This method involves **gradual extinction**; here you check and console. You allow your child to cry for a certain period of time before you go in. Gradually, you **increase** the timed **intervals** for crying & soothing until your baby falls asleep.

FADING / CHAIR METHOD

You **sit in a chair** in your child's room next to their crib until the baby falls asleep. You **don't engage** with them. Each night you move the chair further away until you are **eventually out of the room.**

PICK UP PUT DOWN METHOD

Put the baby down when they are **drowsy but awake**. If they cry, wait a few minutes to see if they can settle. If not, **pick them up, soothe** and then **put them down again when calm**, but still awake. Repeat until baby can fall asleep.

NO TEARS/GENTLE METHOD

Combines the **Fading** method with the **Ferber** method but uses physical touch or shushing to reassure them. This method is **less emotionally stressful** but can **take longer to be successful.**