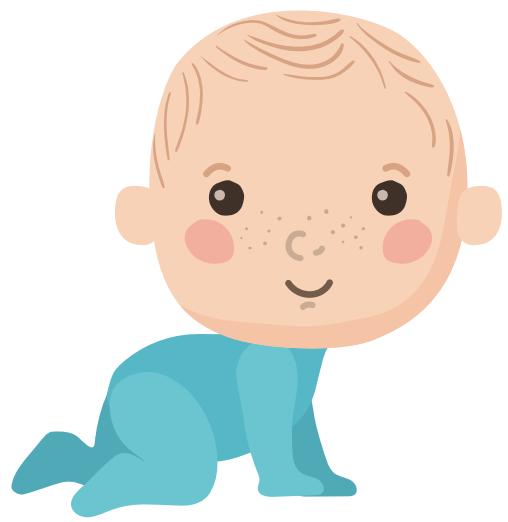


Sleep Training Your Baby



What is sleep training?

A method for parents to create an environment that allows an infant to learn how to maintain sleep.



Cry it Out Method

This method allows babies to learn how to put themselves to sleep on their own, and often works the quickest. However, it tends to be the most difficult for parents, as it requires you to let your baby cry without consoling them. Put your baby to bed while they are tired but still awake and leave the room. Initially, your baby may cry for up to an hour before falling asleep. Your baby may wake up multiple times throughout the night and cry for similar amounts of time. This will gradually improve, with shorter crying spells and decreased awakenings. Stay out of the room and allow your baby the opportunity to learn to fall asleep and remain asleep without your help.

Ferber ("Check and Console") Method

Similar to the Cry it Out Method, put your baby in their crib when they are tired but still awake and leave the room. Re-enter the room at designated intervals to check in on your baby, but do not pick them up. You can briefly say a couple words to your baby to encourage them, but do not linger for too long. The time between each check-in interval should increase each night, teaching your baby that you are always there to support them and make them feel safe.

Pick Up, Put Down Method

When your baby cries or fusses, go into their room, pick them up, and soothe them so they settle down, then put them back in their crib and leave the room. This method allows you to provide direct physical comfort to your baby, but be sure not to linger too long.

Chair Method

When your baby gets drowsy, put them in their crib and sit in a chair next to them. Once they fall asleep, leave the room. If they cry, come back in and sit in the chair nearby. Every few nights, move the chair further back, until you are eventually out of the room.

Bedtime Fading Method

This method is used to shift your baby's bedtime to a different time. For example, if you typically put your baby down around 7pm, but they cry for 30 mins in their crib, their natural bedtime is likely closer to 7:30pm. If you would like to move up their natural bedtime, begin shifting bedtime back by 15 mins each night until you have reached the desired time.

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Sources: <https://health.clevelandclinic.org/when-and-how-to-sleep-train-your-baby/>
<https://potomacpediatrics.com/sleep-training/>

Disclaimer: Med Ed Materials, 2023. This information is intended to supplement, not contradict, the medical advice of your practitioner. For questions or more info, contact your practitioner.

