



Sleep Training Methods Overview

Explore the various sleep training methods available to help you find the one that best suits your baby's sleep needs and your parenting style.

Ferber Method (Graduated Extinction)

- The Ferber Method, also known as "graduated extinction," involves letting your baby cry for progressively longer periods before offering comfort.
- This method aims to teach babies to self-soothe and fall asleep independently. It involves a structured approach of checking on the baby at increasing intervals.

Step by step:

1. Start with your baby's bedtime routine as usual.
2. Place your baby in the crib while they are still awake.
3. Let your baby cry for a short period (e.g., 3 minutes) before going in to comfort them briefly.
4. Increase the waiting time between checks (e.g., 5 minutes) before offering comfort again.
5. Repeat this process, gradually increasing the waiting intervals until your baby learns to fall asleep independently.



No-Tears Approach (Gentler Method)

- The No-Tears Approach is a gentler method that focuses on gradually teaching your baby to sleep without leaving them to cry it out.
- This method prioritizes responding to your baby's needs promptly, soothing them with comfort, and gradually transitioning them to sleep independently.

Step by step:

1. Begin your baby's bedtime routine as usual.
2. Put your baby in the crib while they are still awake.
3. Respond promptly to your baby's cries, offering comfort and soothing techniques.
4. Stay with your baby until they are drowsy but not fully asleep.
5. Gradually work on transitioning your baby to fall asleep independently while providing comfort as needed.





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Chair Method

- The Chair Method involves placing a chair next to your baby's crib and gradually moving it farther away each night until your baby learns to sleep independently.
- This method provides physical reassurance for the baby while encouraging them to develop self-soothing skills.

Step by step:

1. Place a chair next to your baby's crib.
2. Start with your baby's bedtime routine.
3. Sit in the chair while your baby falls asleep, offering reassurance.
4. Each night, move the chair farther away from the crib.
5. Over time, your baby will learn to sleep independently.



Pick Up/Put Down Method

- The Pickup/Put Down Method entails picking up your baby when they cry and soothing them until they are drowsy but not fully asleep, then placing them back in the crib.
- This method involves repeated cycles of picking up and putting down until the baby learns to fall asleep on their own.

Step by step:

1. Begin your baby's bedtime routine.
2. Put your baby in the crib while they are still awake.
3. When your baby cries, pick them up and soothe them until drowsy but not fully asleep.
4. Place your baby back in the crib.
5. Repeat the process, gradually reducing the amount of time you spend comforting your baby until they learn to fall asleep on their own.





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Bedtime Fading

- Bedtime Fading involves temporarily adjusting your baby's bedtime to a later time and gradually shifting it to the desired bedtime.
- This method aims to align your baby's natural sleep patterns with the desired bedtime.



Step by step:

1. Start with your baby's bedtime routine.
2. Temporarily adjust your baby's bedtime to a later time (closer to when they naturally fall asleep).
3. Each night, gradually move your baby's bedtime closer to the desired bedtime.
4. This method helps align your baby's sleep patterns with the desired schedule.

