

# Sleep Training

**What is Sleep Training?** Sleep training is teaching your baby how to fall asleep without any help from you. You can start sleep training when your baby is 6 months old (before 6 months, it is healthy for babies to be fed and comforted during the night). There are many methods you can use to help your baby form healthy sleeping habits. **Use this form to set sleep training goals that work best for your baby and family.**


## Tips for Getting Started:

**Create a bedtime routine for your baby.** Routines create structure and help you and your baby know what to expect. Your routine may include reading books, singing, feeding your baby, giving them a bath, or other soothing activities. Try to stay away from stimulating activities before bedtime, such as watching TV or playing with your baby.

**Be consistent.** Put your baby to bed at the same time each night. Make sure you stick to the bedtime routine you created.

**Stay attentive.** Pay attention to your baby throughout the day, so they know if they need their parent, you are there. The reason we sleep train is to help babies learn to self soothe during sleep. Other times, it is healthy for parent's to respond to babies' cries.

## Sleep Training Methods:

Bedtime Fading	Graduated Cry It Out	Cry It Out
<p><b>This method is more gradual (slow).</b></p> <ul style="list-style-type: none"><li>It involves moving your baby's bedtime earlier by 10-15 minutes each night.</li><li>As you do this, your baby will be more tired at bedtime.</li><li>It helps them fall asleep faster after being put in their crib.</li></ul> 	<p><b>This method is in-between bedtime fading and cry-it-out.</b></p> <ul style="list-style-type: none"><li>Once you put your baby in their crib, leave the room. Check on them after 5 minutes of crying.</li><li>Comfort them without picking them up. You can rub their back or talk to them quietly.</li><li>Increase the amount of time you wait to go check on them until they sleep through the night. Do this over a few days:</li></ul> <p><b>Day 1:</b> Check after 5 mins. of crying <b>Day 2:</b> Check after 10 mins. of crying <b>Day 3:</b> Check after 15 mins. of crying</p>	<p><b>This method involves more crying.</b></p> <ul style="list-style-type: none"><li>Once you put your baby in their crib, let them cry until they fall asleep.</li><li>Do not check on your baby when they cry. It may be hard.</li><li>Repeat process for several nights. If done correctly, it should only take 3-4 nights.</li><li>Your baby will start to fall asleep more quickly and with less crying.</li></ul>

# Sleep Training Goals Sheet

The purpose of this worksheet is to help you set goals for sleep training. Use the prompt in the first box to write down your own goals. Our Healthy Steps Specialist will write down their recommendations for you in the second box.

**My top 5 sleep training goals I want to focus on are:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

*(For the Healthy Steps Specialist) To help \_\_\_\_\_*  
**get started with their sleep training goals, I recommend:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_