



1-5 years controlled crying



1-5 YEARS CONTROLLED CRYING

Controlled crying in a cot

Once you have completed your nap ritual or bedtime routine, pop your child into their cot wide awake, but calm and ready to sleep. Say good night and confidently leave the room.

You are going to stay out of the room for your set time (see chart below).

CONTROLLED CRYING

Step 1. Put your baby down after a pre sleep ritual or bed time routine, and ensure they are calm but awake when they go down.

Step 2. Leave the room while your baby is awake, walk confidently out, and close the door.

Step 3. Listen for any crying and if your baby cries, set your timer for the first allocated time from below.

Step 4. Once the time is up, if your baby is still crying carry out a 1-2 minute "check and console".

Step 5. Leave the room after your check and console, even if your baby doesn't stop crying. Set the timer for the second period of time from the chart below.

Step 6. Continue to carry out check and consoles at each timed interval if your baby is crying. If they stop crying for more than 30 seconds, re-set your timer while outside the room.

During the set time outside the room, you are listening to your child, are they crying? If they start crying (not grizzling or complaining), we start the timer for that set time.

If they stop crying for more than 30 seconds, they are trying to settle themselves, therefore, we re-set the timer.

This is not to be cruel, but to ensure your child gets the opportunity to self-settle, if we respond too quickly or after child is just grizzling and fussing, not crying, we are not giving them a fair chance to try to sleep.

Often, parents are interfering with their child's own settling when they rush in too quickly with this method. We end up overstimulating our own children and disturbing their falling asleep process.

After the set time out of the room (see the table below to guide your progressive timing), if your child has been crying the entire time complete a 1-2-minute check and console.

Check and Console

Enter your child's room and check they are safe (check) and re-assure and soothe them for 1-2 minutes (console).

If they're standing up lie them down for the 1-2 minutes you are present for. If they stay lying down, you can rub their back or chest or stroke their face, shush them or sing quietly.

Don't growl, and get cross, if they have lost their dummy, place it in their hand, not their mouth.

If they throw it, don't pick it up until your next check and console.

We are not feeding to calm, or rocking. Remain calm and confident, you know what you are doing, and after 1-2 minutes regardless of how they are responding to your efforts you leave the room for your next timed interval.

Repeat until your child goes to sleep, or 1 hour has passed for a nap attempt.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 7	Day 8
Interval 1	5 min	8 min	10 min	10 min	10 min	10 min	10 min
Interval 2	8 min	10 min	10 min	10 min	10 min	10 min	10 min
Interval 3	10 min	10 min	10 min	10 min	10 min	10 min	10 min
Interval 4	10 min	10 min	10 min	10 min	10 min	10 min	10 min
Interval 5	10 min	10 min	10 min	10 min	10 min	10 min	10 min

In this age range, it's not uncommon for babies to nap strike when teaching self-settling. It's important to know we only use this and any self-settling strategy for 1 hour in the day, then cancel the nap and get the baby up for another awake period.

The 1 hour is teaching time, and over a few days I would expect the nap to emerge.

Overnight, you would do this until your child went back to sleep or was due a feed.

Above is the table for the times to follow for controlled crying:

After Day 6, if you are still using this method or if you come back to this method after a sleep regression, simply stick with the Day 6 timings.

Because this is unsupervised sleep training, we cap the crying intervals at 10 minutes.

Controlled Crying in a cot

While usually done with a toddler in a cot, controlled crying is very effective with toddler who think pop outs are a game, silent returns are funny, and completely mock your attempts at camping out.

Instead of a toddler in a cot, we have a toddler in a bedroom and you need to view the bedroom as a cot. A safe space for your toddler to fall asleep. With this in mind, make sure you have done the prep work and cleared out your toddlers' bedroom of anything dangerous or potentially dangerous.

Once you have carried out your bed time routine and positive elements of your sleep plan, you leave the room and shut the door. If your child is afraid of the dark ensure they have a small night light, but don't leave the door open, this technique is not possible with a door open.

You are going to hold the door shut for the prescribed time in the table below. If your toddler gets up, and tries to open the door, keep it shut, don't engage with the, and know that if they are banging on the door and yelling at you, the will eventually fall asleep and the more consistent and calm, and patient you are the faster this will be over.

You have put all those lovely positive strategies in place, they have had plenty of warning of expected behaviour and now you are following through, with a consequence for getting out of bed when it is sleep time.

It is likely that your toddler falls asleep on the floor by the door as their resolve gives way to exhaustion, and they fall asleep. You can pre-empt this by putting a small porter cot mattress near the door, or even just a blanket or pillow. Or don't worry! But do ensure that they physically can get back into their bed, so they need a plastic step? Or the mattress on the ground for a few weeks while they learn?

Once you have held the door shut for your prescribed time, if they are still awake at the door and making noise, open the door and carry out a silent return. (see above).

If they have climbed back into bed in the time that you held the door shut, you can go in, and praise them for hopping back into bed, kiss them say good night and leave. Shut the door and see if they get up again, or if they stay in bed this time. If they get up, you will need to hold the door shut for the second amount of prescribed time. Repeat the above steps.

If your toddler falls asleep on the floor, wait approximately 40 minutes for them to be in a deep sleep before slowly edging the door open (don't squash them!), and scoop them up, pop them into bed and tuck them in for the night.

Times for door shut, for a toddler aged 2-5 years:

Day 1	10 minutes	12 minutes	15 minutes	20 minutes
Day 2	12 minutes	15 minutes	20 minutes	20 minutes
Day 3	15 minutes	20 minutes	20 minutes	20 minutes
Day 4	20 minutes	20 minutes	20 minutes	20 minutes

It is unlikely that you will need these full lengths of time, but this table is a great guide in case you do!

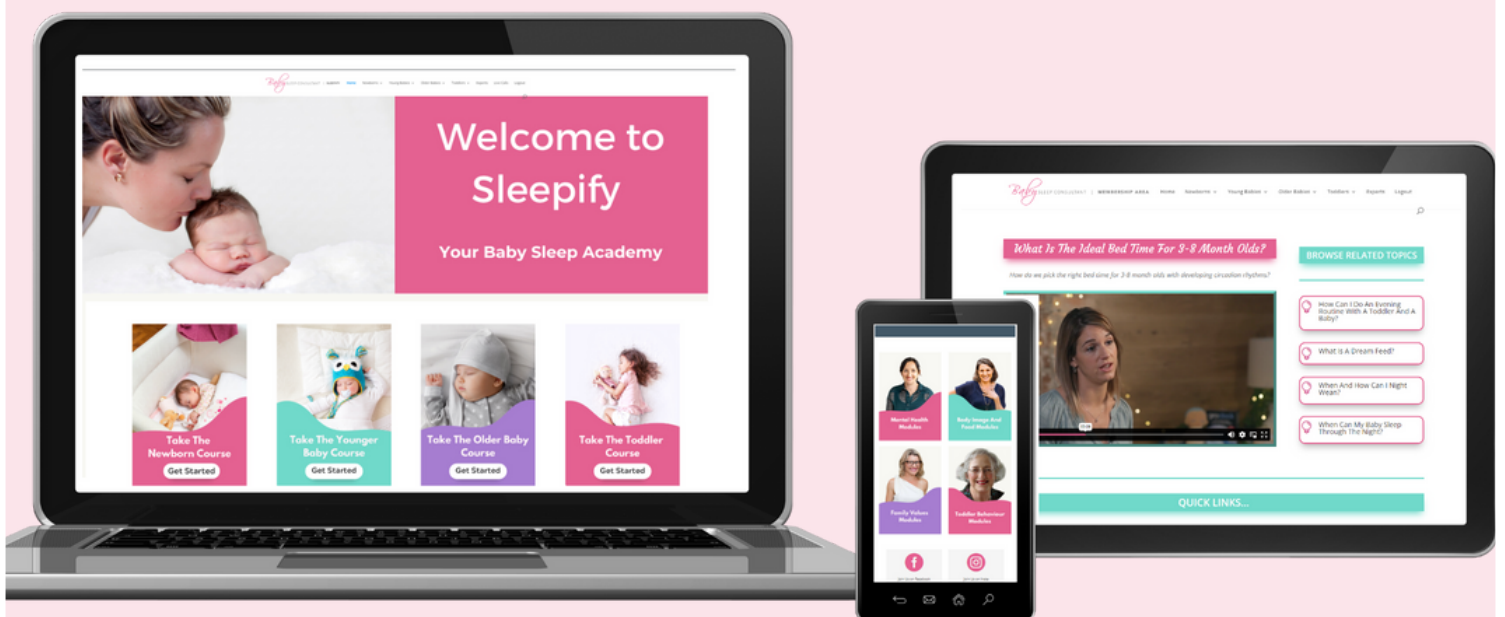
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Her approaches in child sleep have led to developing an international training company, certifying and training sleep consultants worldwide. www.babysleepconsultanttraining.com

Emma's team of consultants has helped over 100,000 tired parents around the world; they understand sleep in all areas, as well as parental stress and the emotional challenge we face as parents when trying to improve our children's sleep.

It's not easy and you only want what's best for your child. The Baby Sleep Consultant Team have many free resources on our website in addition to this sleep guide www.babysleepconsultant.co

We have live sleep Q&A on our Instagram every Sunday <https://www.instagram.com/babysleepconsultant/> join us for one soon!

If you need some one on one assistance we offer phone, email and home consults, please get in touch
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