



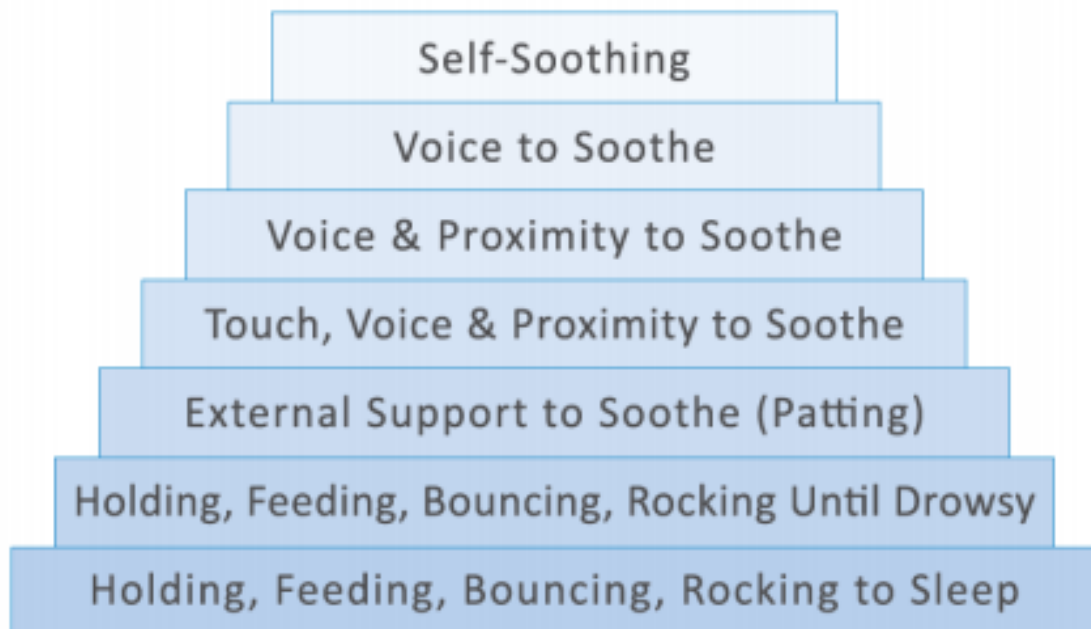
Hierarchy of Self-Soothing



HIERARCHY OF SELF-SOOTHING

Hierarchy of Self-Soothing

Hierarchy of Soothing



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What does this mean?

All babies start at the bottom of the hierarchy needing help to get to sleep.

We bounce, rock, pat, do all the soothing to help our new-borns sleep.

As they get older they become more and more capable of self soothing, and to encourage this, we can gradually move up the hierarchy.

Gradually reducing how much we assist while they try out their new ability to soothe themselves.

You can do this gradually, or jump straight to the top while sleep training and working on self settling.

If your baby is self settling and they get sick with a bug or virus, try to only gradually move down the hierarchy, don't leap straight to the bottom to avoid big regressions.



Baby Sleep Consultant

If you want some more help with your child's sleep,
[get in touch](#)

Try our [Online Sleep Program](#)

www.babysleepconsultant.co.nz

We would love to help you and your family get the sleep you all need and deserve!

Remember sleep is a biological necessity, not a luxury!



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Emma is the owner and founder of Baby Sleep Consultant, she is a Certified Infant and Child Sleep Consultant, Lead Educator for Baby Sleep Consultant Training, Happiest Baby on the Block Educator, has a Bachelor of Science and Diploma in Education, she is a Gentle Sleep Expert and Mother of 3.