



Sleep Training



WHICH SLEEP TRAINING TECHNIQUE

Parenting Styles

I believe there is a parenting style continuum, rather than a left side, right side, I think parents naturally do things which feel right and come from a place of love.

Once you know where you sit and how you feel as a parent this places you somewhere on the parenting continuum. Where you find yourself sitting will determine how you feel about certain self-settling techniques.

The more you align with gentle parenting, the more appropriate you will find gentle sleep training. These techniques all allow you to stay with your baby and provide emotional and physical support as your baby learns to self-settle, pick ups, cuddles, nursing, patting, holding etc. The more you align with main stream, you will probably prefer techniques such as controlled crying, more cry based sleep training.

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I hope you find this guide useful if you trying to work out which approach is the best fit for your family! Its hard work, I get it, and there really isn't one approach for all children! My 3 are so different despite coming from the same gene pool! If someone had told me just how different they all would be it would have saved me a lot of heart ache, wondering why my second didn't respond like my first, and my third didn't respond like my second! I've worked with literally thousands of parents around the world, I think it's a privledge to "meet" you all, and learn from the journey you are on. You are all so differnet, and that's what keeps us interesting, right! So take the quiz below, are you more main stream or gentle? Remember there is no right or wrong answer, you are you!

Emma

What Kind of Parent Are You? Take the Quiz...

Main stream parenting	Gentle parenting
Often follow routines set by parents	Are happy to have a rhythm to their day, but less structured routine
Children often taught to self soothe with cry based sleep training	Parents happy to support children emotionally through gentle no cry based sleep training
Children's behavior and routines often fit with an adult's world and life.	Expectation that the adults will change their lives to better accommodate the child/baby's needs.
Good behavior is rewarded with praise and stickers etc.	No behavior is rewarded, as no parental expectation placed on behavior
Children encouraged to be independent as soon as they are ready.	Allowing the adult to be the secure base for the child as they learn independence, so always being physically present.
Common for parents to use time out, or removal for unwanted behavior in toddlers/older children.	Unwanted behavior viewed as desire for more attention, so time in's often used.
Parents often control the baby's lives	Children allowed to control their own lives where appropriate

You might feel you sit somewhere in the middle of these two which is normal too! Like I said its often a continuum. If you don't feel strongly one way or the other, consider your child's sleep temperament when considering sleep training and use that as your deciding factor. If strongly on either side, then don't compromise your parenting style for sleep training. Gentle parents, use gentle sleep training, mainstream parents, use traditional cry based or in-between. There is no superior method, just different methods for different families.

What is the Difference?

Cry based sleep training often gets a bad rep. People believe it involves leaving a one week old helpless newborn to scream uncontrollably in their bed alone for hours and hours.... Sound about right? People even love to use really emotive pictures of newborns screaming...



Look familiar? The reality of cry based sleep training can be short 2-5-10 minute intervals of crying or grizzling, broken up by parents checking their baby or toddler, consolling them with cuddles, or singing, or touch etc. Then leaving the room again for another period of time. It doesn't have to be all or nothing. Straight cry it out is not your only option, and in a lot of cases or situations isn't even your best option.

Children who respond well this technqiue are aged 4-6 months +, their parents haven't been long term bed sharing, and the parents have been at least partially attempting for naps to happen in the cot instead of on mum.

This approach often works faster than gentle sleep training, so when mum is due back at work, or her mental health is at risk due to sleep deprivation, or the parents feel they are at their wits end, this is a good option to consider.

We always make sure no other factors are contributing to lack of sleep before starting any sleep training, but this is even more important with cry based sleep training, which is why we prefer you to use the help of a sleep consultant or family Dr to rule out any other reasons for the lack of sleep.

It is not unusual for us to change your babies sleep environment, sleep timing, associations, diet, feeding times or ask for a formula assessment all before we start the sleep training.

Gentle sleep training can look like a number of different options; from sitting in with your baby and slowly withdrawing from the room over 1-2 weeks (this is more a middle of the rd technique). To a more hands on approach with lots of pick ups, cuddles, nursing sessions and very minimal periods of crying, generally 1-2 minutes tops.

Gentle sleep training always means staying in the room with your baby, you are working on consistency and support. Lots of emotional and physical support as your baby or toddler learns to sleep with sleep training

Gentle sleep training is most gentle when parents are really consistent, it can be emotionally draining on parents so its important to be committed to the process and have a good understanding of what you are doing. We can help you if you are feeling stuck and want to try some gentle sleep training.

Sleep Training and Temperament

Considering your baby's temperament maybe help you work out some of the behavior problems which you notice or find difficult or hard to cope with. If your baby has a low sensory threshold you might notice he cries when your other children are noisy, or you take him to a brightly lit shop. A baby who is highly active and generally squirmy as opposed to laid back might not respond to shushing and patting like your previous babies.

Your baby might not be easily distracted, and needs frequent feeding or they quickly become inconsolable. Noticing your baby's traits and identifying their temperament will help you choose the best way to teach your baby to self-settle.

I have outlined in detail the way different techniques suit each temperament. Have a read through this and make a decision about which technique is a good fit for your baby.

Quiz

Is your child easily overwhelmed? YES NO

Does your child recover quickly from being upset? YES NO

Is your child difficult to console once upset? YES NO

Does your child recoil from bright lights? YES NO

Is your child friendly towards strangers? YES NO

Does your child recoil and shy away from strangers? YES NO

Is your child generally happy despite being tired? YES NO

Is your child irritated by you in the room when they are falling asleep? YES NO

Does your child stop crying when you walk into the room? YES YES NO

Does your child cry louder when you walk into the room? YES NO

Does your child settle easily with a cuddle? YES NO

Does your child settle easily nursing? YES NO

Is your child easily distracted? YES NO

If you got mainly blue answers, then your child is probably better suited to gentle sleep training, or at least the middle of the rd techniques. If you got mainly red answers, then your child is probably better suited to you being somewhat out of the room, and more cry based sleep training. Have a more in-depth read of the sleep temperaments required for each approach below.

Cry Based Sleep Training



ACTIVITY LEVEL:

This suits the active or laid back baby.

REGULARITY:

Works well with babies who have a predictable routine and those who are still not yet very predictable, due to the ability to check and console and change things when needed.

APPROACH/WITHDRAWAL:

Suits babies who are more approachable, and don't become shy and whom don't recoil at new situations and people. The sensitive baby who recoils, will probably cope with smaller intervals. Maximum of 5-10 minutes.

ADAPTABILITY:

Crying based sleep training also suits the adaptable baby, the baby who copes well with minor upsets, and recovers quickly. Does not suit the baby who takes a long time to be consoled and soothed from an upsetting situation (the sensitive child). If this is your child and you don't think gentle sleep training is a good fit, you might find your check and console intervals need to be 2-4 minutes long, as opposed to 1-2 minutes long.

SENSORY THRESHOLD:

Suits the baby who is not easily overwhelmed, has a high threshold for coping with strange noises, environments and textures.

MOOD:

This will suit an overall happy baby, or because you can check and console it works well for the angry baby too, especially if over tiredness is largely responsible for your babies upset/angry mood.

INTENSITY:

The extroverted baby will suit this method more than the subdued, but it is a very middle of the road method, so check your baby's other temperament features.

DISTRACTIBILITY:

The easily distracted baby will cope extremely well with cry based sleep training.

PERSISTENCE:

The less persistent will settle quickly with this method. A very persistent baby might take 45 minutes - 60 minutes to fall asleep in the early days.

Gentle in the Room, but Minimal Touch

ACTIVITY LEVEL:

The laid back and relaxed baby will cope perfectly with this strategy. A squirmy active baby might need more physical space from the parents to settle down.

REGULARITY:

A baby without a regular eating and sleeping cycle will do well with their parents in the room as there is a lot of scope for parenting support.

APPROACH/WITHDRAWAL:

This method suits those babies who recoil at new situations or seeing someone new, the parents providing physical/emotional support is key to success here.

ADAPTABILITY:

This method suits those babies who are both adaptable and those who take a long time to recover from upsetting situations. The parents are present to provide this support.

SENSORY THRESHOLD:

This method works well with those babies who are sensitive to new sensory input. The parents are available to change the noise, lights, sounds, blankets etc and help the baby cope.

MOOD:

This method suits the happy and grumpy baby. Although the very happy and social baby might be distracted by the parents input in this technique, or need the parents to withdraw a little and be less social.

INTENSITY:

This method suits the subdued baby more than the extroverted or might try to socialize a lot while meant to be sleeping.

DISTRACTIBILITY:

The easily distracted could be distracted by the parents in the room. While the baby who needs a lot of support to calm down once upset needs this method, or even more gentle on the spectrum.

PERSISTENCE:

The baby who quickly moves from one activity to another could be distracted by its parents, or could be easily settled due to lacking persistence to cry for a long period. Check other traits first.



Very Gentle in the Room Sleep Training, Consider Nursing to Calm When Needed.

ACTIVITY LEVEL:

The laid back baby responds brilliantly to gentle, often with minimal pickups. The squirmy baby will also cope with gentle but may require more time in the down in the cot phase if they are squirmy and active in your arms and fighting you.

REGULARITY:

The unpredictable baby will enjoy the support gentle offers and the physical settling aspects. The very regular baby will also cope well with this technique.

APPROACH/WITHDRAWAL:

The baby who recoils in new social situations will fit well with gentle, and the baby who is very approachable maybe a little distracted by his parents, or may need them to be calm, boring almost in their consistency.

ADAPTABILITY:

A highly adaptable baby will respond perfectly to gentle while the baby who takes longer to be settled will also respond but may need longer in the pickup phase. Be careful to remain calm and consistent and not over settle.

SENSORY THRESHOLD:

A baby with both high and low levels of sensory tolerance will be fine with gentle. Adapt this technique to suit your baby, less touch, more touch based on your baby's threshold.

MOOD:

Both the happy and angry baby will respond well to gentle.

INTENSITY:

The extroverted baby will need less stimulation, and more space within gentle, the introverted baby will cuddle in, and respond to more stimulation, mattress bouncing, shushing, cuddling etc.

DISTRACTIBILITY:

The easily distracted baby is a dream to use gentle on. The less easily distracted children require longer to settle to sleep, and sometimes require more space than pickups, due to parent's input becoming ineffective

PERSISTENCE:

The baby who is less persistent will settle faster in this technique when done correctly, while the very persistent baby may take longer to settle, or simply require more of the same thing, and less pickups



If you want some more help with your child's sleep,
get in touch

www.babysleepconsultant.co.nz

www.babysleepconsultant.com.au

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!



Emma Purdue

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.