

Is fear of crying holding you back from making a change ?

01

Normalising Crying

When you make a change to the way your baby falls asleep it's likely they will be frustrated and since crying is their main form of communicating it's normal they might have a little cry out of frustration - or they might not!

02

Minimise Tears

Before you start working on independent sleep it makes sense to do everything you can to make it as easy as possible for your baby to fall asleep in the cot and therefore reduce the chance of your baby being upset.

That means looking at your baby's sleep environment, nap and feeding routine, bedtime routine and more to support independent sleep - I go through this in a lot of detail in my workshops

03

Differentiate Between Cries

Not all crying is the same - remember lots of babies will grizzle even as you assist them to sleep so it's really important you learn to distinguish between different cries so you know when to give your baby space to settle and when they need more help from you in order to calm down

04

Be Clear On Your Plan

The worst thing about crying is the fear of the unknown. What should I do now? How long should I wait before trying something else? What if this goes on forever? *cue adrenalin and panic.

A good settling technique should answer all of these questions - it should give you very clear guidance on what to do in every situation, including the signs that a settling technique is working for your baby.

Only get going when you are confident you know these answers

