

Sleep Training Methods for Night Time



By Rachel Waddilove

For Beaming Baby

Rachel's book "*May well be seen as the most sensible book ever written on how to bring up a baby.*" *The Daily Telegraph*

Rachel provides wonderfully warm and practical guidance for you and your new baby in "The Baby Book, how to enjoy year one".

Sleep Training Methods for Night Time

There are methods to help if you have a baby who is three months or older and is not sleeping well, or will only settle on the breast.

Shout It Out (Cold Turkey)

- Follow the Golden Rules for baby sleep (see another Free Ebook).
- Put your baby in his cot and let him shout.
- He may shout for anything from thirty minutes to one hour the first couple of nights, so be prepared.
- He will then fall asleep.
- Check your baby, and you will find him sleeping soundly.
- If he wakes after thirty minutes or so, leave him again – he will not shout for so long this time.
- Repeat this process until feed time.

Controlled Crying

- Follow the Golden Rules for putting your baby down, as above.
- Decide how long you are going to let him shout for before you go in for the first time (try to make it at least five minutes).
- Go in, but don't put the light on.
- Don't get him up.
- Stroke his tummy.
- Talk quietly to him, telling him it is 'night nights' time, or saying 'shush'.
- Leave the room, leaving the door slightly open.
- Make sure there is not too much noise in the house.
- Leave him longer this time, say ten to fifteen minutes.
- If he is not settling, go in and repeat the process.
- Repeat this process until he sleeps, leaving longer intervals each time you go in.
- It can take up to two hours for him to settle fully.

About the Author

Rachel Waddilove is a mother and a grandmother with over forty years experience as a maternity nurse, child-care expert, parental adviser and author.

Helping parents to look after their babies and young children is her passion and she provides a Consultancy and Maternity Nurse Service offering help and advice with newborns, growing babies and toddlers.

For more about Rachel, please visit [Rachel Waddilove's Page](#)



Rachel's Books

We thoroughly recommend Rachel Waddilove's books. To find out more, click on one of these links:

[The Baby Book, How to Enjoy Year One](#)

[The Toddler Book, How to Enjoy Your Growing Child](#)

More Information

For more information about preparing for the birth of your baby, please visit the [Beaming Baby Center](#), call our Free Helpline or email us, we'll be delighted to hear from you.

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