

Helping your child learn to fall asleep with the proper associations – the progressive approach

NUMBER OF MINUTES TO WAIT BEFORE GOING IN TO YOUR CHILD BRIEFLY

If your child is still crying

Day	At first wait	Second wait	Third wait	Subsequent waits
1	5	10	15	15
2	10	15	20	20
3	15	20	25	25
4	20	25	30	30
5	25	30	35	35
6	30	35	40	40
7	35	40	45	45

1. This chart shows the number of minutes to wait before going in if your child is crying at bedtime or after night-time wakings.

2. Each time you go in to your child, spend only 2 to 3 minutes. Remember, you are going in briefly to reassure him and yourself, not necessarily to help him stop crying and certainly not to help him fall asleep. The goal is for him to learn to fall asleep alone, without being held, rocked, breast-fed, or using a bottle or pacifier.

3. When you get to the maximum number of minutes to wait for that night, continue leaving for that amount of time until your child finally falls asleep during one of the periods you are out of the room.

4. If he wakes during the night, begin the waiting schedule at the minimum waiting time for that day and again work up to the maximum.

5. Continue this routine after all wakings until reaching a time in the morning (usually 5.30 to 7.30 a.m.) you have previously decided to be reasonable to start the day. If he wakes after that time, or if he is still awake then after waking earlier, get him up and begin the morning routine.

6. Use the same schedule for naps, but if your child has not fallen asleep after 1 hour, or if he is awake again and crying vigorously after getting some sleep, end that naptime period.

7. The number of minutes listed to wait are ones that most families find workable. If they seem too long for you, use the times shown on the chart below (though without closing the door). In fact, any schedule will work as long as the times increase progressively.

8. Be sure to follow your schedule carefully and chart your child's sleep patterns daily (see page 99) so you can monitor his progress accurately.

9. By day 7 your child will probably be sleeping very well, but if further work is necessary, just continue to add 5 minutes to each time on successive days.

Helping your child learn to stay in bed

NUMBER OF MINUTES TO CLOSE THE DOOR IF YOUR CHILD WILL NOT STAY IN BED

If your child continues to get out of bed

Day	First closing	Second closing	Third closing	Fourth closing	Subsequent closings
1	1	2	3	5	5
2	2	4	6	8	8
3	3	5	7	10	10
4	5	7	10	15	15
5	7	10	15	20	20
6	10	15	20	25	25
7	15	20	25	30	30

1. This chart shows the number of minutes to close your child's door if he will not stay in bed at bedtime or after night-time wakings.

2. When you get to the maximum number of minutes for that night, continue closing the door for that amount of time until he finally stays in bed.

3. Keep the door closed for the number of minutes listed, even if your child goes back to bed sooner. However, you may talk to him through the door and tell him how much time remains.

Eliminating extra feedings at sleep times

<i>Day</i>	<i>Fluid ounces in each bottle or minutes breast-feeding</i>	<i>Minimum hours between feedings</i>
1	7	2.0
2	6	2.5
3	5	3.0
4	4	3.5
5	3	4.0
6	2	4.5
7	1	5.0
8	No more bottles or breast-feeding at sleep times	

- The ounces and times in this chart are general guidelines. You will want to alter them to fit your own routines.
- If your child takes less than 8 ounces in the bottle, start with 1 ounce less than she usually takes and continue reducing from there.
- If you are breast-feeding, use the time spent feeding as an approximation of volume. Begin by feeding 1 or 2 minutes less than you usually do and continue decreasing the times from that point.
- If you prefer you may follow this chart but decrease every other day instead of every day. It will just take a little longer.

4. When you open the door, speak to him briefly if he is in bed, offer encouragement and leave. If he is still out of bed, restate the rules, put him back in bed (if it can be done easily) and shut the door for the next amount of time listed. If he lets you put him back easily and you are convinced he will stay there, you may try leaving the door open, but if you are wrong, do not keep making the same mistake.

5. If your child wakes during the night and won't stay in bed, begin the door-closing schedule at the minimum time for that day and again work up to the maximum.

6. Continue this routine as necessary after all wakings until reaching a time in the morning (usually 5.30 to 7 a.m.) previously decided to be reasonable to start the day.

7. Use the same routine at naptimes, but if your child has not fallen asleep after 1 hour, or if he is awake again and out of bed after getting some sleep, end that naptime period.

8. If he wakes and calls or cries but does not get out of bed, switch to the progressive routine described in the chart on pages 74–5.

9. The number of minutes listed to close the door are ones that most families find workable. However, you may change the schedule as you think best as long as the times increase progressively.

10. Be sure to follow your schedule carefully and chart your child's sleep patterns daily (see page 99) so you can monitor his progress accurately.

11. Remember, your goal is to help your child learn to sleep alone. You are using the door as a controlled way of enforcing this, not to scare or punish him. So reassure him by talking through the door; do not threaten or scream. By progressively increasing the time of door closure, starting with short periods, your child does not have to be shut behind a closed door unsure of when it will be opened. He will learn that having the door open is entirely under his control.

12. By day 7 your child will probably be staying in bed, but if further work is necessary, just continue to add 5 minutes to each time on successive days.

13. If you prefer you may use a gate instead of a closed door as long as your child can't open or climb over it. In this case you must be out of his view during the periods of gate closure, but you can still talk to him reassuringly from another room.