

# Step 2

**CHOOSE A TECHNIQUE**



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## Step 2: Choose a Technique

Following the bedtime routine, you can choose from one of two recommended techniques to support your baby as he learns the skill of falling asleep.

The Side-By-Side Technique is one where parents begin in baby's room and gradually leave every few nights. This is a preferred option for parents who want to have more physical presence in the room while their child is learning to fall asleep.

The Space & Comfort Technique is one where parents leave baby's room for a short amount of time and return to offer reassurance and support. This is a preferred option for parents who feel that providing some space will make it easier for baby to settle for sleep.

It is a good idea to read through both options and choose one that is most suitable for your baby and your family.

### Option #1. Side-By-Side Technique

#### Nights 1, 2 & 3 – Sit beside the crib

- Say repetitive key phrases such as “Night-night.”
- You can occasionally pat, touch, sing or hum, but be cautious that this does not become a new external strategy she uses to fall asleep. Remember it is not your job to put her to sleep, but to offer some comfort. Please note that if she does not like to be touched, then stop. Some babies do not like it, and continuing to do so will make them more upset and unable to settle and fall asleep.
- Stay in the room until she falls asleep.
- Once she is asleep, you will leave the room.

#### Nights 4, 5 & 6 – Move your chair mid-room (less interaction)

- Follow the same strategies as you did for Nights 1-3. It is okay to walk over to her crib occasionally and briefly say a key phrase or offer a soothing touch and then go back to the chair. Try not to do the key phrases, pat or touch as often as the first three nights.
- Once she is asleep, you will leave the room. Make sure she can still see you.
- It is recommended for you to stay in your chair. You may also decide to go to the crib less often than you needed the previous three nights. You will limit soothing touches and key phrases so that you are only use them to provide additional support when necessary.
- Once she is asleep, you will leave the room.

#### Night 7, 8 & 9 – Move your chair towards the door or doorway if possible (stay in your chair)

- Once she is asleep, you will leave the doorway.

#### Night 10 and on – Leave the room

- Night 10 and moving forward, you will kiss her goodnight and leave the room.

- If there is any crying that lasts more than 7-10 minutes, go and offer your key phrases and then leave, repeating every 7-10 minutes until she falls asleep.

### **Option #2. Space & Comfort Technique**

- If there is any crying that lasts more than 7-10 minutes, go in the room and say a key phrase such as “Night-night time” or provide a gentle touch for 15 seconds to 2 minutes and then leave, repeating every 7-10 minutes until she falls asleep.
- Please note you can pat, touch, sing or hum during check-ins if needed, but be cautious that this is not an external strategy she uses to fall asleep. Remember you are only there to offer some comfort and reassurance while she learns to self-soothe. If physical touch makes her frustrated or over stimulated, stop so that she can become calm more and fall asleep more quickly.

**Picking up:** At any point using either of these Techniques, you can pick her up to offer her more comfort if she becomes upset. Please only pick her up by holding her still and upright with her face near your shoulder (you can check if she needs to burp at this point) without any movement for a maximum of 2-5 minutes. Then place her back into her crib. Make sure she does not become drowsy or fall asleep in your arms. If this pick-up seems to upset her more, do not include one as it can feel more emotionally draining for both of you.



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