



DISCLAIMER ABOUT CRYING (CIO Method)

Teaching your baby how to sleep independently is a learned skill that will require a change in your baby's normal sleeping habits. Human beings are creatures of habit and are typically resistant to change, especially to change we do not like or feel uncomfortable with, and your baby is no exception! They, too, will also resist change. Whereas we have the ability to express our displeasure at such changes verbally; "I don't like this," "This is not fun," "I want to go back to the old way of doing things," etc., a baby does not have the luxury of expressing his displeasure. As such, he will resort to the only way he knows how to express himself, and that is by crying, whether small, whiny, fussy cries or intense hysterical crying. As a sleep consultant, my goal is to assist you in teaching your baby good sleep habits as they learn to fall asleep independently at naptime, nighttime, or in the middle of the night after waking. So, during the sleep training process, would I suggest that

you just put your baby in his crib, close the door, and not check on him ever as he cries himself into an exhaustive sleep? Of course not! I believe that sleep training should be conducted in a gentle, calm, and loving way, with the caregiver being there to help and support the baby as he learns this new and different way of going to sleep. As such, I do not believe in the Cry It Out (CIO) method of sleep training, nor would I offer it as an option to my clients. With that being said, since babies will react to changes in routine by crying, to expect the sleep training process to be completely without tears is highly unreasonable and unrealistic! Your baby will most likely cry as you introduce him to a new way of going to sleep, and he realizes that he can no longer use you (or dad) or any other prop as he learns how to fall asleep on his own. These tears should be minimal (and worth it in the end) if you commit to following and implementing the steps of the sleep plan properly and consistently. Remember, by changing your baby's sleep routine, you are trying to break a habit(s) that the baby has been used to for quite a long time, perhaps since birth. As such, it will take some time for the baby to get used to doing things in a new and different way. Your baby's crying during sleep training does not mean he is afraid, sad, angry, or abandoned. He is simply crying to express his displeasure at the change in routine. Think about it; if you had a favorite way of going to sleep every night, and now someone comes along and changes that routine or takes away your favorite prop, you will be mad too! It's the same way with your baby. When

you take away his favorite way of going to sleep (most times, it's being fed, held, or rocked by you), he will get very upset, and the only way to let you know is by crying. Eventually, once that old habit is no longer offered to the baby, he will get over it and find other ways to fall asleep independently. But you must be patient and tolerant, and most importantly, give your baby the time and space to develop new ways to self-soothe as he learns independent sleep. If you rush to your baby at the slightest cry or whimper in an attempt to 'rescue' him from the displeasure he feels as he tries to fall asleep on his own, then he will never learn how to do it. In fact, why would he even want to try to sleep on his own when he knows that if he cries and cries really hard, someone will come rushing in to 'save' him and help him to go to sleep after all? I like to tell my parents that "**not every cry is a crisis,**" so if your baby's needs are all being met (baby is fed, clean and dry, not ill, not in pain, the room is at a comfortable temperature, etc.) then the baby is just simply protesting the change in the way he now has to go to sleep. Remember, learning to sleep independently is a skill that requires lots of practice. It will take the baby some time to understand (and accept) that we are no longer doing things the old way. As such, you owe it to your baby to give him the time and space to learn the new way. When your baby cries and you do not respond to him right away, you are, in fact, giving him the freedom and opportunity to learn new self-soothing

techniques, which are very instrumental to the successful implementation of the
sleep plan.