

Sleep Training Culture

Extinction

Cry it out

Shut the door & walk-away

7 to 7 nights

Sleeping through the night

no night feeds from newborn

Gentle Methods

Controlled Crying

Ferber : +10" crying before checking

Ferber : -10" crying before checking

Disappearing Chair

Swaddling

Pick up/ put down

"Teaching" Self Soothing

Crying in Arms avoiding eye contact

Crying in Arms avoiding overstimulation

Passive

Responsiveness

Put baby drowsy but awake (dissociate sleep from being held)

Babies can and should "self soothe"

Sleep training is inevitable to protect parent's mental health

Sleep is a skill, it's parents responsibility to support their kids learning

Sleep Training should be started at x age to prevent sleep problem later

Babies can, do, should sleep through the night

Pressure for Babies to sleep in nurseries not parents room

Implement feed-play-sleep cycles (dissociate feeds from sleep)

Breaking SIDS guidelines (for safe sleep) is inevitable for baby to sleep

Building "Positive" Sleep Association and avoiding "Negative" ones

Don't allow baby to fall asleep in arms or at end of feeds

Behavioral Approach

Entrain Sleep Biology Patterns using techniques such as delayed response to cues

Practising Consistent Bedtime Routines and or Nap schedules

Frequent wake-ups are signs of struggles

Cat naps are bad for baby's development

Reflux, Tongues Ties, CMA (and even Colics) interfere with sleep

Following "Tired Cues" and Put baby down with first 'fussy cue'

Babies & Toddlers can get Sleep deprived because of overstimulation

'Sleep breeds sleep'

Babies should sleep in a dark quiet room

Naps should be long or any encouragement for a 2nd sleep cycles naps

Avoiding "Overstimulation" "Overtiredness"

Follow Wake Windows or any kind of sleep and wake duration estimations

Sleep Training Beliefs

Practise that disrupt the circadian clock, and dis-organise the sleeping pattern, exposing baby to disrupt nights

Reference : Douglas & Hill (2013), Behavioral Sleep Interventions in the First Six Months of Life: A Systematic Review.
Douglas, P. S. (2021). Babies and sleep: a matter of choice. Medical Journal of Australia.