

## ATTACHMENT (Module 5)

### *Summary*

We hope that by going through this module you feel way more confident moving forward with sleep training, realizing that the sleep training process, and the tears involved, are not bad. It is simply a way of changing habits and recreating the patterns around sleep that your child has developed. There is no danger that your child is going to be psychologically damaged in the process.

Isn't it a breath of fresh air to know that as a parent your job isn't to keep your child always happy and tear-free?! On the contrary, your job is simply to be a parent that SEES your child – deeply and empathetically. A parent that is safe - someone that responds, not reacts. It's not even your job to *make* your child sleep - they can do that! They CAN learn the ability to fall asleep independently. Your job is to stand as a steady soothing presence as your child feels emotions freely (whether it's with sleep or any other issue where your child feels frustrated!) without you either having to suppress and invalidate those difficult feelings OR get caught up in the flurry of emotions yourself. Your job is just to be there, present to your child.

Go to your worksheets now and check out the optional guided reflection questions for **Module 5**.