

## SETTLING METHODS (Module 7)

### *Lesson 4: Choosing your settling method*

Hopefully reading through the settling method descriptions will have given you a good idea of which method will work best for your family. **If you're still unsure, there's a helpful exercise in the Module 7 worksheet that will give you more clarity.**

Do remember, even if you've tried to implement one of the above methods before (or something similar) without success, this is NOT an indication of whether or not that same method will or will work for you this time around. Usually the reason for a settling method NOT working is 1) it was not implemented correctly, 2) for long-enough, 3) not all other factors influencing sleep were optimized at the same time, 4) there were developmental factors that hindered progress at that time

In combination with the other changes you've already added to your sleep plan from previous modules, all the above mentioned settling methods will be effective as long as they are implemented correctly and consistently. However, it may certainly be that one method might work better than the others for your family depending on your child's temperament, developmental stage and other circumstances.

**If you're on the fence, we suggest first starting with an in-room settling method (Shhh-Pat, Accompanied Settling or Gradual Retreat methods) and switching to Intervalled Soothing if/when you realize your original choice was not the best fit either for you or your little one.** This switch can even be made in the spur of the moment, as long as you then continue consistently with Intervalled Soothing from then on. Switching from Intervalled Soothing (an out-of-room method) to an in-room method such as Gradual Retreat or Accompanied Settling is often more problematic, as you are taking a step back on the soothing hierarchy. It may, however, sometimes be necessary to make this change, if you realize soon after starting Intervalled Soothing that this method causes you and your baby more stress. This is not a failure. You can still have

sleep training success even if you switch methods along the way, so don't stress too much about your initial selection.

**We suggest that after you switch methods one time, you consistently implement that method for at least 5-7 days before any further changes to the method, in order to give your child enough time to adapt.** Constantly switching between methods will sabotage any progress and make things very difficult for you and your little one, so do try to stay as consistent as possible.

**You can find more helpful info on switching methods in Lesson 4 of Module 8.**