



If you're unsure about which method will fit you and your child best, the following questions might be helpful in making the decision. Circle the moon or the star icon depending on which statement rings most true for you, or for your child:



Is my child generally quite calm, relaxed and easily settled?

OR



Is my child easily overstimulated, distracted by noises, and sensitive in social interactions?



Can I stay calm and composed in myself when my baby is crying and I stay in the room?

OR



Do I regularly need to leave the room for a short break in order to stay calm and patient, because the crying feels emotionally overwhelming and stressful?

When I imagine weaning off a sleep association and my little one being frustrated at bedtime...



Do I feel more confident in my ability to not offer the sleep aid if I stay in the room with them?

OR



Would it be easier to stay consistent when I'm not physically present all the time?



Does my baby currently rely on me being in the room to fall asleep (ie. feeding or rocking to sleep)?

OR



Am I currently already able to leave the room when my baby is not yet fully asleep (ie. baby falls asleep in the room by themselves with the pacifier in their mouth)?

*If you circled mostly **moons**, we suggest that you consider an IN-ROOM settling method. If you circled mostly **stars**, we suggest that you consider selecting "Intervalled Soothing", our an OUT-OF-ROOM settling method.*



Put a tick next to your chosen settling method below:

- ☐ Shhh-Pat Method
- ☐ Accompanied Settling Method
- ☐ Gradual Retreat Method
- ☐ Intervalled Soothing Method