



LEARNING TO FALL ASLEEP WITH PROPER ASSOCIATIONS

Number of Minutes for Parents to Wait Before Going Into the Child's Room Briefly

If the Child is Still Crying				
Day	At First Wait	Second Wait	Third Wait	Subsequent Waits
1	5	10	15	15
2	10	15	20	20
3	15	20	25	25
4	20	25	30	30
5	25	30	35	35
6	30	35	40	40
7	35	40	45	45

This chart shows the number of minutes to wait before going in if a child is crying at bedtime or after nighttime wakings.

Each time the parents go in to the room, they should spend only 2 to 3 minutes. They are going in briefly to reassure the child and themselves, not necessarily to help to get the child to stop crying and certainly not to help the child fall asleep. The goal is for the child to learn to fall asleep alone, without being held, rocked, nursed, or using a bottle or pacifier.

When the parents get to the maximum number of minutes to wait for that night, they should continue leaving for that amount of time until their child finally fall asleep during one of the periods they are out of the room.

If the child wakes during the night, the parents should begin the waiting schedule at the minimum waiting time for that day and again work up to the maximum.

The parents should continue this routine after all wakings until reaching a time in the morning (usually 5:30 to 7:30 A.M.) previously decided to be a reasonable hour to start the day. If the child wakes after the time, or if he or she is still awake then after waking earlier, the parents should get the child up and begin the morning routine.

Parents should use the same schedule for naps, but if the child has not fallen asleep after 1 hour, or if he or she is awake again crying vigorously after getting some sleep, they should end that naptime.

The number of minutes listed to wait are ones that most families find workable. In fact, any schedule will work as long as the times increase progressively.