

HOW TO HELP THEM SLEEP

When you understand that healthy and happy sleep is a reflex that takes over your baby when physical needs are met and when they feel SAFE and emotionally secure, then you'll see that helping them to sleep is not a strategy to learn or something you need to train them to do.

It's about helping them to feel safe and connected. Sleep will naturally happen. Healthy sleep develops when you are present when they sleep.

When you support sleep, you're setting them up for lifelong healthy sleep and creating a strong association between sleep and safety.

Supporting sleep means accompanying them to fall asleep, providing comfort to fall asleep with feeding, rocking, hugging or singing, sleeping close and responding to them when they wake at night. You want to surround sleep in safety and positive support and when you do healthy sleep develops.

DON'T SLEEP TRAIN YOUR BABY

Crying it out is based on the expectation that babies will learn to fall asleep alone.

This is not possible and is very harmful. Babies cannot soothe themselves. They won't be able to self-regulate fully into early adulthood. This isn't something that can ever be forced.

Your baby is not biologically designed for this and ignores their most important attachment needs.

This technique ignores the fear, helplessness they feel while crying out for you and you don't come. When you're gone, they can't understand that you'll come back. They can't reassure themselves by imagining your return, which makes your absence all the more devastating.

Once their brain becomes habituated to producing shutdown, this practice becomes neurologically set. They'll then use this as a strategy to face stress later in life.

It'll program them to give up on reaching out to others.

Ignoring them undermines their trust, their sense of safety and emotional security, which can have adverse effects on their later behavior and relationships.

TRAINING THEIR BODY TO SHUT DOWN

When your baby is crying, that's their communication that they need something. They need something. You can't ignore this.

You're not training their body to fall asleep. Their body can't be trained. Your baby can't self soothe.

So what happens is they cry. You don't come to help. Their body then decides it's too unsafe, crying isn't working, they're not going to survive this sensation or threat and it shuts down. So when you think you did it, you trained your baby to soothe themselves. No you trained them to start wiring this as a coping mechanism to not receiving the co-regulation when they need it. And also just because they're sleeping from exhausting their energy crying. They are now also stuck in a dysregulated state. They're not safe and connected just because they're quiet.