

10 Signs I'm Ready to Sleep Train

Lisa Gargaro "Sleep" Co is creating personalized Sleep program every week, however, while we create best laid of plans for you and your baby, it doesn't mean anything if you and your baby are not ready to do it.

Now the next big question is how while you know when you are ready to sleep train your child? So glad you asked as we have created a checklist!

The 10-point checklist below is designed to help you make the decision and determine if you and your baby or toddler are ready for sleep training.

The 10-Point Checklist To Help You Determine If It's Time To Sleep Train

1. Your baby has preferences, by this, we mean that babies learn early on early that some things feel good (e.g. being in mummy or daddy's arms) and what doesn't (e.g. dirty, wet nappies). This then leads to an instinctive reaction from them which is to cry. They then learn by doing this they get a clean diaper or be held to be comforted. Unfortunately, they quickly learn that a need will eventually become a want over time. With newborn babies, they have two styles of dealing with this. They will likely have limited self-soothing abilities or she will be great at sleeping, this, however, changes again by the time they are 4 months old. These being sleep regression and suddenly has sleep problems. You will find yourself at some point around then convincing yourself your every-two-hour-eater is genuinely hungry or needs the comfort. Eventually, once you have started to run up a sleep debt you'll find yourself asking yourself & wondering if they really need it as much as wants it. After all, the thought of this actually being the only reason they "needs" it is because that's all they've ever known, not that they can't sleep without it being playing in your head.

2. Your baby does have the ability to learn new ways and methods to sleep. There is a difference between babies who can and can't learn to self-soothe. Far and wide across the world expert discuss the "right" age, however, all situations are different so setting an exact age is not the key. The key is whether you believe that your baby has the ability to learn a new way to sleep and wish to help them to learn them.

3. Timing has to be right for you and your baby. Many "experts" would agree that a 6-month-old can learn to self-soothe, but does that mean that it wouldn't be the best thing for YOUR family to wait until she's more like 12 months? Maybe. This can depend on a lot of factors and your baby. Such as their temperament, what they're going through and a whole host of other factors. Nobody knows your baby better than you and only you can figure out the right time to do this for your baby. I would keep in mind that you can always try, take a break, and try again a bit later on if you doubt your timing at any time after you start.

4. You decide the timing is right for you. The difference between hearing your 16-week old or

6-month old fussing or crying versus hearing your 11-month old is very obvious. Even still, it is different hearing a baby cry or your toddler saying "Mama!" or "Dada!" Whether you decide to use a no-cry method or a crying one, there is always going to be some difficult and uncomfortable moments to deal with. So I would ask are YOU ready for some rough days and/or nights? Are you able to deal with it when it may get harder for the few days once you start before it gets easier?

5. Your baby actually does have a sleep problem. Sometimes, it is our own expectations that are to actually blame for your baby's "sleep problem." So I would ask "Is your 8-month old breastfed baby still waking up once a night to eat?" For many, that is A-OK and age-appropriate for others this is not acceptable nor wished for. We know all babies are different and sometimes you just have to adjust your expectations of them. Once the expectations are lowered and the comparison between your baby and your neighbour's, you will find this does wonders for your outlook.

6. You know that you NEED to sleep train your baby when the thought of having to wake up every hour to put a pacifier in the baby's mouth cannot go on any longer. Or for those who do have appropriate expectations and don't feel you have a true "baby sleep problem," only you can decide that you need to sleep train. By this I mean I've known professional clients that say that even getting up once a night is just brutal months and months later, so maybe your sleep training is about getting a full night's sleep. Similarly, some other clients I've dealt with have experienced different side effects to the disturbed or deprived sleep they are tolerating. More and more are suffering from various health problems, daily difficulties in functioning, or even and more commonly post-partum depression. With one client telling me very recently she never understood how sleep deprivation could be used as a form of torture, that was until she had a baby which I personally can totally relate!

7. You are able & willing to commit to the time to do the sleep training. One most challenging aspect of my support is setting appropriate expectations about how long sleep training will take. Some have been frustrated three days into the training that changes are not happening fast enough for them. I would ask you to consider how long your child has had the current sleeping habits, for some toddlers sleep training means you are changing habits which they have had for as long as two or three years! To be clear results are rarely overnight (though sometimes they are!). However, most will have at least some success within 1 week and age depending 2 weeks for older children which will help give you the boost you may need for the long haul.

8. You are ready to be 100% consistent and patient with the program and child. Changing strategies daily or even hourly can lead to more crying and frustration for both you and your baby's parts. The consistency is necessary as this is what will create the security for your child. I think to refer to it as similar to how dieters have become known to be yo-yo dieters because they need to be a "lifestyle change," The same theory can apply to sleep training should not be seen as a crash diet. You need to be consistent both short-term and long-term. So are you truly ready? A key part to of the success of the program is Patience. Even more so if you are using a no-cry sleep training method, you need to be prepared to be patient. You would never expect your baby won't learn to walk or talk in a day, you can't expect him to learn any new skill in one day and new sleeping skills are the same.

9. You are ready to invest in a sleep consultant who will create your personal plan. Whether it's one of our personalized sleep plans or you make on your own, have a plan. Decide what your goals are and how you will achieve them. Is working through this solely the best for you or would investing in a sleep consultant help ensure results are achieved & reached. Will you know how to tweak the

program, pos yourself up when you've had a hard day and not throw in the towel. Personally what I have found from speaking to my clients that the support and guidance was invaluable as the "brain fog" which most clients had due to lack of sleep couldn't allow them to see the clear path ahead and the support of the consultant helps help them focused and motivated knowing they too cared deeply that the child learning to sleep independently were achieved. No major changes occur in one day, they take planning and dedication. Life has a habit of throwing curve balls at us that you didn't anticipate, the bonus of the consultant is you are able to work with you making tweaks & changes your plan to stay on track due to the knowledge they have gained over time.

10. You have some measure of support to help you through the process. The sleep training can be very emotional and be draining, so if you lack confidence, the best of plans can fail. It is helpful to have the support whether it's a spouse, friend, or your consultant. Success happens more when you have someone you feel accountable to "check in" with can help keep you going. One client who lacks the support at home was still able to succeed due to the support we offered and was happy to do it.

I hope you find this article helpful in making the decision on whether you are ready to tackle the occasionally emotional task of sleep training, or alternatively it has given you the answer it is "ok" to wait. The only person who knows what you live with day in and day out is yourself. I believe that by listening and trusting your own instincts, they will take you far and where you need to be.

So are you Ready to Sleep Train? Let The Expert Lisa Gargaro from "Sleep" Co Help!

If you've tried sleep training on your own without success, you are not alone; many, many parents struggle to get their babies and toddlers sleeping well. What you may need at this point is an expert to help you through the sleep training process. By contacting our expert consultant today a personalized sleep plan just for your baby and parenting styles can be created. The plan will take you through every step of the process, detailing the schedule for you to follow all the time available to provide detailed answers to your most pressing sleep questions.

Once you have made your decision and wish to purchase your sleep consulting package, visit my website at www.lisagargagosleep.co.