**Popular Sleep Training Methods**

Days

Weeks to Months

**Pick Up/Put Down**

If child cries, pick them up/soothe them, put back in crib when calm but still awake, leave the room; repeat as often as necessary

**Chair Method/Camping Out**

Stay in room until child is asleep. Sit in chair next to bed, and over time move chair closer and closer to door.

**Excuse Me Drills**

Sit in room until child is calm/sleepy, then make up an excuse to leave, and tell them you’ll be right back. (Gradually increase time you’re out of the room).

**Ferber Method/Controlled Crying**

Leave the room, come back for quick checks for reassurance without picking child up. Gradually increase amount of time between checks.

**Cry it Out**

Place child in crib, leave the room,
return in the morning