

KixCare TIPS

How Do I Sleep Train/Teach My Baby?



There are several types of sleep teaching methods. As a parent, it is best to use these as a guide for what would work best for you and your family. Some methods are:

- 1 Cry it out (CIO) method
- 2 Ferber method (graduated extinction method)
- 3 Pick up, put down method

Cut here for a colouring sheet for your little one

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