**Extinction/Cry It Out**

It is as simple as that, just lay your baby down, walk out of the room (See Below)

**Things to Consider:**

* Ok Ok, I know it is not as simple as that. Being both a Mom and an Parent Educator and an Early Educator, I understand how difficult this Sleep Support Method can be both for your Little One, but even more difficult for the Parents. It is only natural to not want your child to cry as well as do our best to meet their needs so that they stop crying. However with any worthwhile skill there may be some resistance and frustration. Being prepared for this will make a huge difference on your follow through and helping your Little One learn such a huge skill like sleeping on their own.
* Consider video monitoring (to help you feel better that your child is safe and ok)
* Consider putting in some type of alarm clock. Possibly a wake to go clock or a soothing alarm clock (depending on the age, under 9months of age it may not have a huge effect, however with routine and practice your Little One will learn that the clock has importance.
* Once wake up time comes continue to go into the room with calmness, not with a sense of rescue.