**Check-In/Modified Extinction**

One your little one cries (either at bedtime or a middle of the night wake-up) wait a specific amount of time before checking in on your Little One. When you do check on your Little One provide empathetic comment, for example, “it is time to sleep my little”, then a little touch on the cheek, and walk out. Another important aspect is at Check-Ins you need to go in calmly and with the confidence (Even if you are pretending) that your child will learn how to sleep on their own.

EXAMPLE 1:

Day 1- Check-In every 10 minutes

Day 2- Check-In every 15 minutes

Day 3- Check-In every 20 minutes

Day 4- Check-In every 25 minutes

Day 5 – Check in every 30 minutes

 (stay at checking in every 30minutes)

EXAMPLE 2:

Day 1- Check –In: 5min, 6min, 7min, 8min, 9min, 10min, ECT

Day 2- Check –In: 6min, 7min, 8min, 9min, 10min, 11min , ECT

Day 3- Check-In : 7min, 8min, 9min, 10min, 11min, 12min, ECT

Day 4- Check –In: 8min, 9min, 10min, 11min, 12min, 13min, ECT

Day 5- Check-In: 9:min. 10min, 11min, 12min, 13min, 14min, ECT

Example 3:

Day 1- Check-In 5min, 5min, 10min, 10min, 12min, 15min

Day2- Check-In 5min, 10min, 10min, 15min, 15min, 15min

Day 3- Check-In 10min, 10min, 12min, 12min, 15min, 20min

Day4- Check-In 10min, 15min, 15min, 20min, 20min, 20min

Day 5- Check-In 15min, 15min, 20min, 25min, 25min

The most important rule for the Check-In/Modified Extinction is to Check-in at the same time frame or longer. Each day start of where you started before on go a little longer.