THINKING OF SLEEP TRAINING...?

IT'S UNNATURAL
Introduced by Holt in 1895, it is based on the Western idea that babies are naughty, manipulative and in need of corrective treatment. Mothers were warned that holding and responding to babies will spoil them.

IT DOESN'T WORK LONG TERM
Research has shown that there is generally no lasting effect. It often needs to be repeated but is not effective in the long term. Parents may end up feeling that they have failed.

IT'S NOT GOOD FOR BABY'S BODY
Increase in stress hormones, heart rate and blood pressure; gastric distension and vomiting. Early stress is toxic for life-long health.

IT'S NOT GOOD FOR BABY'S BRAIN
It triggers the brain's stress response system. When babies get distressed the stress hormone cortisol is released, which in excess can damage synapses and neuronal interconnections.

IT CAN CAUSE PSYCHOLOGICAL HARM
Long-lasting damage to babies' nervous system makes them vulnerable to stress and panic disorders in adulthood. Parent responsiveness is related to secure attachment, intelligence, empathy, self-regulation, social competence and lack of aggression and depression.


* Also known as: cry-it-out, controlled comforting, controlled crying, self-soothing

Western Cape Association for Infant Mental Health (WCAIMH)

THERE ARE OTHER OPTIONS!
Contact us to learn more: www.infantmentalhealth.co.za