

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.¹

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.⁵ 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.³

IT'S NOT GOOD FOR BABY'S BRAIN

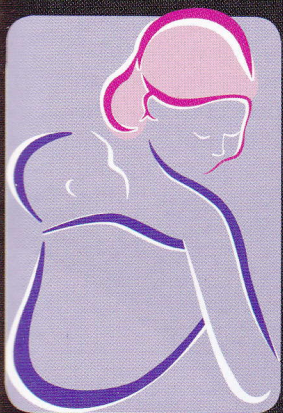
It **triggers** the brain's **stress response** system. When babies get distressed the stress hormone **cortisol** is released, which in excess can **damage** synapses and neuronal interconnections.²

IT CAN CAUSE PSYCHOLOGICAL HARM

Long-lasting damage to babies' nervous system makes them vulnerable to **stress** and **panic disorders** in adulthood.⁴ Parent responsiveness is related to **secure attachment, intelligence, empathy**, self-regulation, social competence and **lack of aggression and depression**.¹

1. Narvaez, D. (2011). Dangers of "Crying It Out". Psychology Today.
2. Schore, A.N. (2001). The effects of early relational trauma on right brain development. Infant Mental Health Journal.
3. http://developingchild.harvard.edu/index.php/resources/reports_and_working_papers/foundations-of-lifelong-health/
4. <http://news.harvard.edu/gazette/1998/04.09/ChildrenNeedTou.html>
5. <http://evolutionaryparenting.com/how-effective-is-controlled-crying/>

* 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