



Sleep Training for Infants: The Wave

The Wave is very similar to Ferber but has one key difference: you are checking on the baby every 5 minutes, and only every 5 minutes. So after you complete your bedtime routine, place the baby in the crib, say a calming phrase just like with Ferber and then leave. If your baby starts crying, wait 5 minutes. After 5 minutes of crying, go into the room, say your script, then leave the room.

You are only in the room for a maximum of 10 seconds. If she's still crying, wait another 5 minutes and then repeat the check again with the exact same script. Repeat this until she falls asleep or stops crying.

Remember, just like with Ferber, you're only checking on her if she's **constantly crying**. Don't check on her if she's whining or moaning because that means she's likely trying to wind down, so you don't want to interrupt that process.

All my tips for the Wave are the same as my Ferber tips, so review those slides if you choose to use this approach.