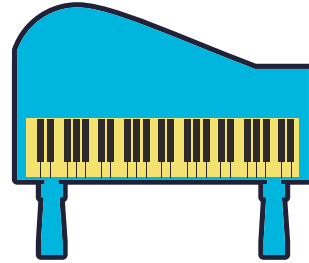


SLEEP TRAINING TIPS



Sit in the room and progressively move the chair every few days further away and then out of the room.

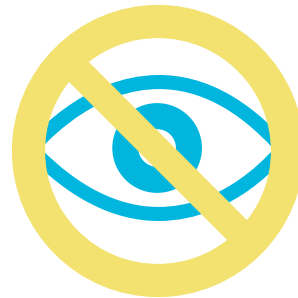
Play soft, soothing piano music without lyrics.



Don't engage in eye contact.



Don't engage in conversation.



If your child leaves bed and comes to you, don't carry them back, walk them back to bed.



Be consistent.

