



DON'TS OF PICK UP, PUT DOWN METHOD OF SLEEP TRAINING

Do not try the method when your baby is experiencing sleep regression.



Zzz ..

Do not compare your baby's sleep training with others.



Avoid trying this method when the baby is potty trained.



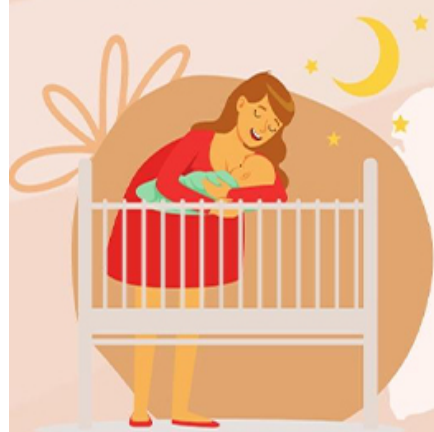
Do not use this method for all baby naps during the day.



Do not lose patience as this method could be tiring and time taking.



Do not exit the baby's room right after they fall asleep.



Do not keep extending for months if this method does not work.

