

Further information can be found on the following web page:

<http://www.nhs.uk/livewell/childrenssleep/Pages/Childrenssleephome.aspx>

## Health Visiting Team

### Information for parents and carers about the Disappearing Chair technique



**Local Community Pharmacy** - Your local community pharmacies offer a wide range of services including information and general advice on symptom relief medicines as well as a prescription collection and delivery service.

For impartial and confidential advice or information on the services provided by Bridgewater or to receive this leaflet in an alternative format call our Patient Services team on 0800 587 0562.

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## What is the Disappearing Chair technique?

The Disappearing Chair technique is a sleep training approach that works for many children and encourages self-settling. It is a suitable sleep training technique for children over 12 months.

The Disappearing Chair technique provides a more gentle approach to sleep training than techniques such as controlled comforting. The technique requires a comfortable chair or cushion for you to sit on.

## How do I use the Disappearing Chair technique?

- Have a consistent positive bedtime routine.
- Observe your child for sleep cues, such as yawning.
- Place a chair or cushion by your child's cot/bed.
- Put your child into their bed/cot when they are drowsy.
- Sit on the chair or cushion; try to avoid eye contact.
- If your child starts to cry, return to gently pat or stroke them; try to avoid eye contact.
- As soon as your child stops crying return to the chair or cushion and move it slightly further away from the bed/cot before you sit down - repeat this process until your child falls asleep.
- After you have moved the chair or cushion a few times you will find yourself outside your child's room; continue with this routine until your child settles.

## How long will I need to use this technique?

This will vary depending on your child.

The Disappearing Chair technique can be time consuming and you may be there a considerable time until your child falls asleep.

This method can take time to be successful so try to persevere with it.

## Is there an alternative approach?

An alternative take on this approach is not to move from the chair or cushion until your child is fully asleep.

- Night one: place the chair or cushion next to the bed/cot and sit in one position until your child is fully asleep.
- Night two: move the chair or cushion a bit further away from the bed/cot and remain sitting until your child is fully asleep.
- Following night/s: Continue to move the chair or cushion a bit further each night until you end up sitting outside the bedroom door.

If your child sits up, cries or tries to get out of bed, go back to placing the chair or cushion next to the bed/cot and start again at night one.