

Responsive settling: **comfort settling**

This settling method promotes baby's ability to settle to sleep in their cot. Parents provide the opportunity for baby to discover their own way of settling to sleep independently. This method is suitable for babies of all ages.

Advantages

- Promotes baby's ability to settle to sleep in a consistent sleep environment e.g. their cot.
- May reduce frequency of night-time awakenings (baby learns to transition through sleep cycles overnight more independently).
- A brief period of separation can provide an opportunity for the baby to discover their preferred way of self-settling, whilst being reassured that their parent is there for them.
- This method gives parents the opportunity to respond to their baby as often as they feel is necessary and yet still encourages self-settling.



Disadvantages

- Increased crying in the short term if baby has learned to rely on parent's help to fall asleep.
- Parents may feel more anxious in the short term due to baby crying and separation.



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Day time settling

Continue settling attempts for up to 30-60 minutes and consider how old your baby is and how you and your baby are coping.

Day time resettling

If your baby wakes under one hour during the day, reassess and consider resettling for no longer than 10-20 minutes depending on the age of your baby and how you are both coping. If your baby has been in the cot for 1 hour, do not attempt resettling.

Night time resettling

If your baby is awake longer than 30-60 minutes overnight, change their nappy, consider a feed/offer water, cuddle and resume settling.
Reminder: keep lights low and minimal conversation overnight.

Reminder

These strategies are a guide only. At each settling period consider how you and your baby are coping. An alternative settling method can be utilised at any stage of the process.



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