

Responsive settling: **toddler in a bed**

This settling method promotes toddler's ability to self settle in their bed.

Advantages

- Promotes toddler's ability to settle to sleep in a consistent sleep environment e.g. their own bed.
- May reduce frequency of night-time awakenings (toddler learns to transition through sleep cycles overnight more independently).
- Gives toddler the opportunity to discover their preferred way of self-settling whilst being reassured that the parent is there for them.
- This method gives parents the opportunity to respond to their toddler as often as necessary, but still encourages self-settling.



Disadvantages

- Increased crying/ protesting in the short term when the parent changes their usual response at settling time.
- Parent may feel more anxious in the short term due to their toddler's increased crying and protesting.



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Day time settling

If toddler is not asleep after 45-60 minutes and is not calming, change nappy, offer drink of water, cuddles. Resume settling for short interval (e.g. 10-15 minutes) if appropriate for you and your child.

Night time resettling

If toddler is awake for longer than 30-60 minutes and is not calming, change nappy, offer water, cuddle, keep lights low and minimal talking. Resume settling until approximately 5 am and then start the day routine.

Reminder

These strategies are a guide only. At each settling period consider how you and your toddler are responding/coping.



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