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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Pre-bedtime routine

Mealtime, bath, teeth care. quiet play or story Tell your toddler in advance that bedtime is coming "After we read this story it is bedtime"



Bedtime

Say goodnight to the family. Take your toddler to the

bedroom and encourage them to get on their bed themselves Give a kiss/cuddle and

sav "Time to go to bed"



Toddler calm

Toddler whinging/crying/

making requests

(e.g. more stories or

another drink)

Toddler gets off

their bed

Praise vour toddler Reassure them and leave the room



Toddler goes to sleep



Toddler continues to get out of bed

Return frequently to give clear instructions and reassurance

Encourage toddler to stay in their room



Give clear instructions on what you expect them to do

In a calm but confident voice. encourage them/ help them get in bed, lay down and go to sleep



Quietly observe

First 12-24hrs: sit quietly beside or at end of the bed, try to avoid engaging with toddler

Over the next 24-48hrs: Sit further from the bed until you are outside the room until they are asleep

Times are a guide. The aim is to move out of the room as quickly as they will tolerate



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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