

## Responsive settling: **transition settling**

This settling method promotes baby's ability to settle to sleep in their cot.

Parents provide the opportunity for baby to transition 'gradually' towards more independent settling.

This method is suitable for babies/toddlers of all ages.

### Advantages

- Promotes baby's ability to settle to sleep in a consistent sleep environment e.g. cot.
- Promotes a transition from relying on parent's help to becoming more independent with settling.
- Generally both parents and other caregivers can use this method.
- May result in less crying during settling due to parent being present.
- Safer option than co-sleeping.



### Disadvantages

- If transition settling is routinely used the baby/toddler may develop a dependence on their parent being present to fall asleep.
- Some babies may become more upset, especially if they are used to being fed to sleep, settled in arms or co-sleeping.
- Some babies may cry and show frustration if parent is within sight but not doing what they are used to.
- May take long periods of time to settle baby to sleep.



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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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