

Responsive settling: tired signs and infant cues

Tired signs show that an infant/child is starting to get tired and is ready for sleep. Tired signs/cues can be different for every child and their developmental age.

Tired signs/cues might include:

- facial grimacing
- pulling ears
- rubbing eyes
- yawning
- grizzling
- frowning
- crying
- sucking
- clenched fists
- staring
- squirming
- rigid arms and legs
- more active
- less active.



As a child develops they may show more obvious signs:

- pulling hair
- rubbing eyes
- difficulty separating
- wanting more cuddles
- tantrums/challenging behaviours
- seeking comfort
- fussy feeding
- crying
- less interested in toys.



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Reference: Promoting optimal sleep in infants and young children (CYCHS: 2019).
Disclaimer: Flowcharts are to be used in consultation with a child health professional.
Please refer to your care plan for individual goals and strategies.