

Responsive settling: **settling in arms**

This settling method is suitable for all babies but is best for younger babies or where parents may be experiencing difficulties separating from their baby.

Advantages

- Most babies generally enjoy being cuddled and cry less.
- Many parents find this method works well for them in the short term.
- Can be used as a transition to more independent settling.
- Parents feel more confident in their ability to settle their baby.



Disadvantages

- If 'settling in arms' is routinely used the baby may develop a dependence on their parent being present to settle to sleep.
- Parents will generally need to wait until their baby is deeply asleep before placing them in the cot.
- May not be effective in reducing baby's crying over the long term due to reliance on their parent to help them sleep.
- May take long periods of time, particularly in older babies.
- Older babies are often not content for their parent to sit and cuddle them, and may require parent to stand and rock at the same time.
- Becomes more challenging for parent as baby grows.
- Older babies may become dependent on the same parent to settle them to sleep and may resist settling with anyone else.



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Day time settling

Continue settling attempts for up to 30-60 minutes, 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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