

Responsive settling: hands on settling

This settling method encourages your baby to become familiar with settling to sleep in their cot. It is suitable for babies of all ages but younger babies may be more responsive to this.

Advantages

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

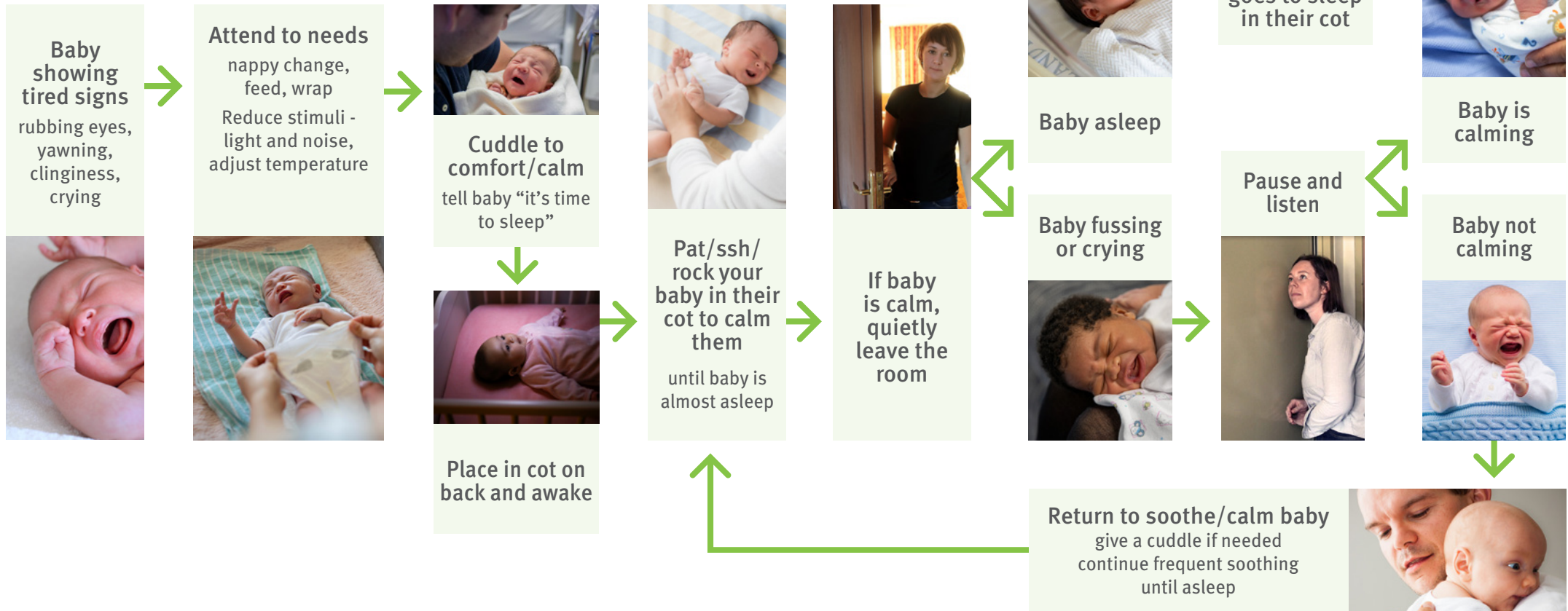


Disadvantages

- If hands on settling is routinely used the baby may develop a dependence on their parent being present to fall asleep.
- May take longer periods of time.
- Some older babies may become more upset, especially if they are used to being fed, settled in arms or bed sharing.
- Some babies may cry and show frustration if parent is within sight but not doing what they are used to.



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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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