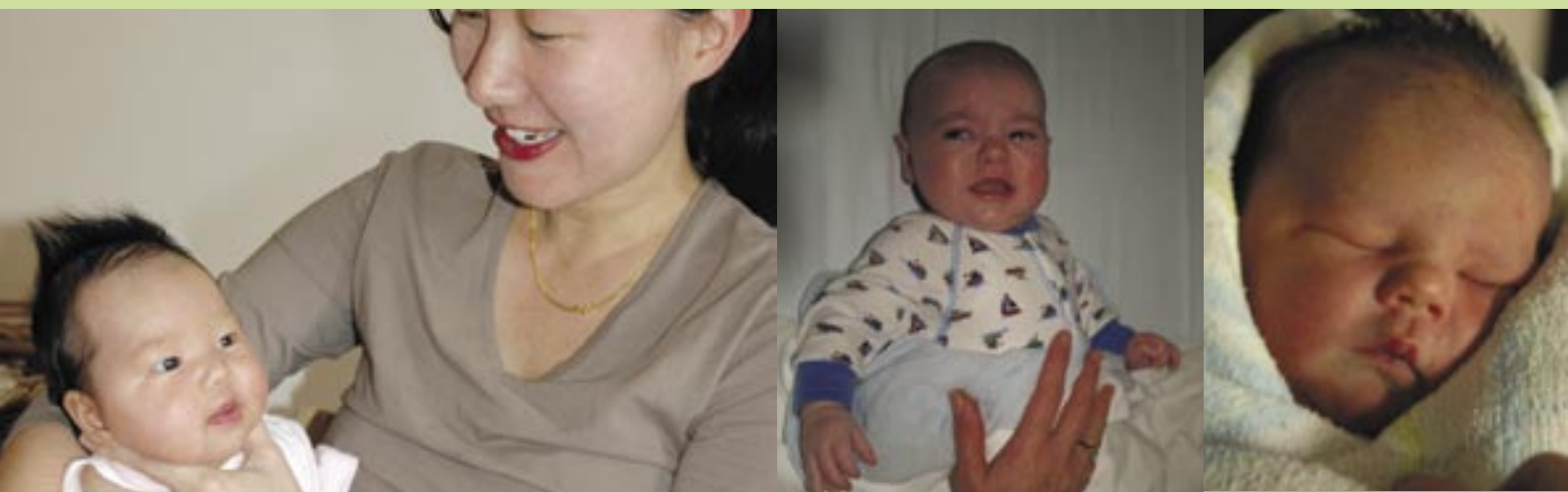




settling techniques



for newborn to 6 months

Tresillian 24 hr Parents Help Line
(02) 9787 0855
or 1800 637 357
(Freecall outside the Sydney Metropolitan area)
www.tresillian.net

Speak to a Tresillian Child & Family Health Nurse
on-line at ninemsn.com.au/messengermums or
visit our website at www.tresillian.net

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DINTMENT
Help stop nappy rash before it starts

Babies are all very different.
The following **Settling Techniques** are a guide only.

Babies need to learn how to put themselves to sleep. Like most skills, it takes time and occurs at an individual rate. In the early months of life a baby has a need to be physically connected to their mother and other significant family members. If this closeness is provided the baby learns to separate more easily from their parents as they can trust that in times of need the parent or other significant adult will come to their assistance.

Newborn babies' patterns are often unpredictable with irregular feeding and sleeping times, and generally babies do not establish a regular pattern till after 3 months of age. When assisting your baby develop a sleep pattern it is better to use levels of distress/cry as your guide to the need to comfort your child than adhering to a time schedule.

In the early weeks of life a baby will often fall asleep while being fed but then wake as soon as it is away from their parent's body.

A normal sleep cycle is approximately 40-60 minutes and some babies will stir and re-settle themselves. However, some babies may need help to resettle. When babies are overtired they may be more difficult to settle. An important starting point is to be able to recognise your baby's tired signs.



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Tired signs may include:

- Grimacing
- Yawning
- Grizzling
- Frowning
- Crying
- Sucking
- Clenched fists
- Staring
- Rigid limbs
- Squirming
- Jerky movements or becoming more active
- Minimal movements or activity

When you observe baby's tired signs, prepare your baby for bed:

- Check your baby's nappy
- Take care not to overheat
- Position your baby in bed – on their back – according to the Sudden Infant Death Syndrome (SIDS) guidelines

0-3 Months:

- If quiet, allow to settle. If crying introduce gentle stroking/cuddles until your baby calms
- Swaddling your baby in a light muslin or cotton wrap may help and assist your baby to settle or to re-settle
- Talking/singing but without eye contact can be reassuring for both you and baby
- Most babies will take a while to settle
- You may need to leave your baby for a brief time to see if he or she will settle on their own
- If your baby is crying go in and comfort them
- Often, you will have to do this several times
- If your baby wakes under one hour attempt to re-settle them

3-6 Months:

- Self-settling involves comforting your baby in the cot or up-in-arms for short periods while also giving your baby the opportunity to fall asleep by himself/herself
- Your baby may initially protest and fuss when you leave the room. If you feel comfortable and your baby is not distressed, allow him/her the opportunity to settle himself/herself
- Listen to your baby's cry and respond accordingly. If your baby continues to fuss, return and comfort until your baby calms, before leaving the room

For all babies

If you wish to safely maintain physical closeness with your child while they are asleep put their cot in your room.

If your baby continues to remain unsettled – consider other management techniques. For example: offer a “top up” breastfeed within 30 minutes of completing the feed; cuddle; rhythmical movement (walk or rock); baby massage; deep relaxation bathing; play some music; offer a dummy; or cooled boiled water. Choose whichever technique suits you and your baby best.

With consistency these routines may take up to two weeks to show progress. Times given are a guide only. For safety ensure the cot sides are completely raised whenever the baby is left unattended in the cot.

Safety Information

(adapted from the 'Kids & SIDS. Three Ways to Reduce the Risk' pamphlet).

The risk of Sudden Infant Death Syndrome (SIDS) is *increased* if babies sleep on their tummies. The best position for babies to sleep in is on their backs.

- Put your baby on their back to sleep
- Tuck in your baby's bedclothes securely
- Make sure your baby's head remains uncovered during sleep
- Make up the bassinette/cot so that the baby's feet are positioned at the foot of the bed
- Quilts, doonas, duvets, pillows, soft toys and cot bumpers in the cot are not recommended
- Use a firm, clean well-fitting mattress
- Do not put your baby on a water bed or bean bag
- Avoid smoking near your baby
- Bed sharing is unsafe as your baby may slip under the bedding or into a pillow, become trapped between the bed and a parent or the wall, they may fall out of bed, become too hot from too much bedding or they may be rolled on by a sleeping parent. And of course, don't bed share if you have been drinking alcohol or are affected by other drugs

For further information about (SIDS) and precautions that are recommended contact SIDS & Kids NSW on 1300 308 307. An alternative to sleeping with your baby is to place their cot beside your bed. This will allow you to maintain some physical closeness .

**If you still need further assistance contact the
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1800 637 357 (Freecall outside the Sydney Metropolitan area)**