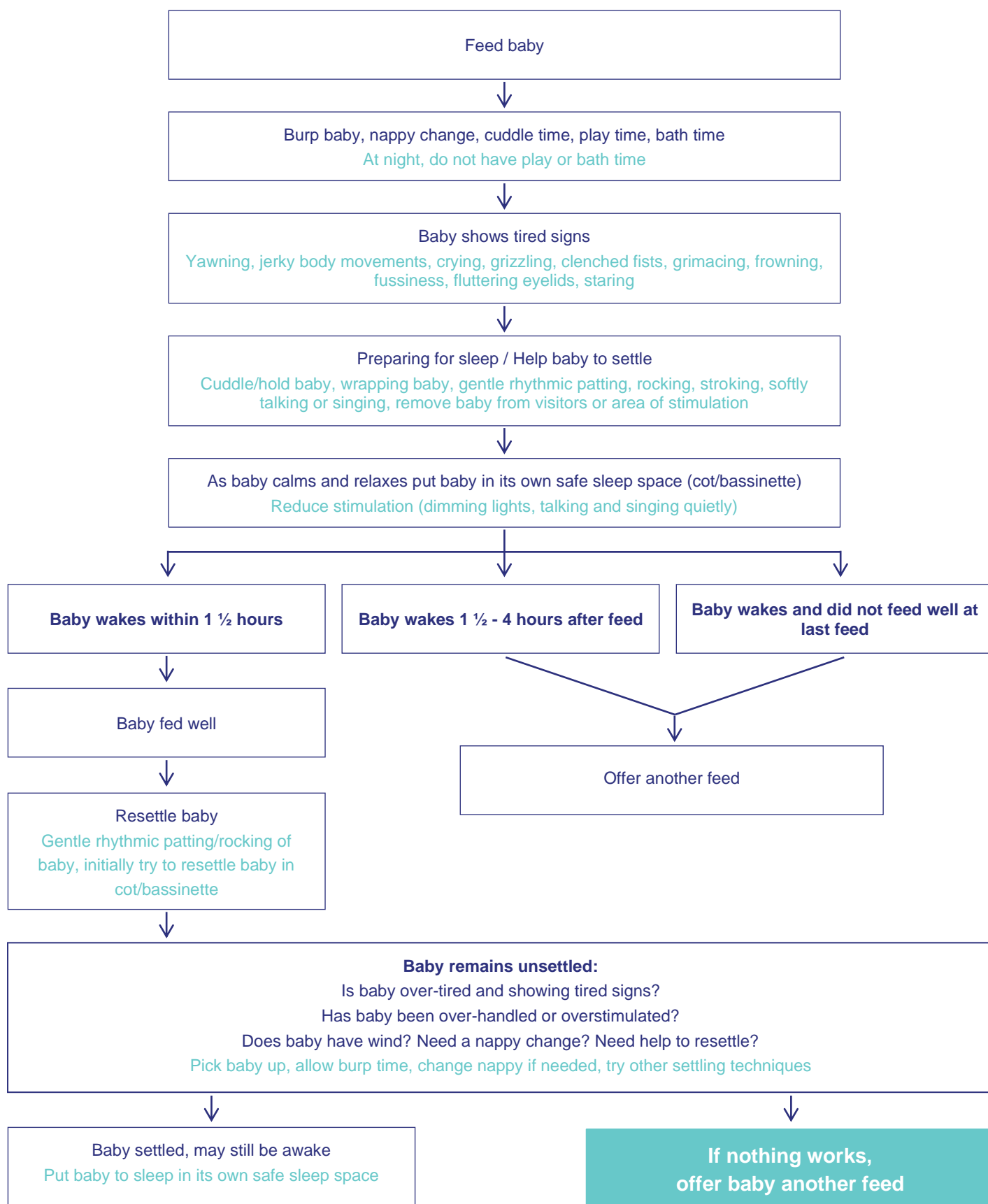


SETTLING FLOW CHART



SOME OTHER SETTLING TECHNIQUES TO TRY:

- Wrap baby (only until baby is able to roll)
- Gently rock baby in your arms or in the cot
- Quiet music
- Relaxation bath
- Massage
- Slow, very gentle rhythmic patting or stroking of baby
- Talking or softly singing
- Check if baby is too hot or cold
- Comfort with gentle 'ssssh' sound
- 'Hands on' settling – place baby in cot awake (but calm and drowsy) and gently pat or stroke baby till settled and asleep
- Walk in pram/stroller
- Is baby unwell?

Crying that is difficult to console in the early weeks and months of an infant's life is part of normal behavioural development. Always check to see how you and your baby are coping, exclude any health-related explanations for the unsettled behaviour and seek a doctor's opinion or early childhood centre advice if concerned.

SLEEP CYCLES

- Babies' sleep for short periods during the day and night and wake several times at night. Babies sleep cycle is about 40 minutes, alternating between quiet and active sleep. All babies are different; babies under one year of age are naturally light sleepers and spend more time in 'active' sleep instead of 'quiet' sleep.
 - A sleep cycle begins with active sleep, then quiet sleep and back into active sleep.
 - In active sleep your baby may flutter their eyelids and even open their eyes, grimace, grizzle and look restless. Babies can be woken easily during active sleep.
 - Some babies will be able to resettle themselves back into another quiet sleep.
 - For those that do not resettle, place a hand on your baby and say some reassuring words or pat them to encourage your baby back to sleep.
 - Try to have a positive, consistent sleep routine to establish healthy infant sleeping behaviours.
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HOW MUCH SLEEP?

- Birth to six weeks babies sleep/rest time ranges from having 1 ½ – 3 hour with an average number of 5 - 6 sleeps and 6 – 12 feeds in a twenty four hour period.
- Babies from 6 weeks to 3 months of age have 4 – 5 sleeps and 6 – 8 feeds within a 24-hour period
- Babies this age commonly wake up at least once during the night.

References:

Raising Children Network Australia (2023) <http://raisingchildren.net.au> – Baby & newborn sleep routines: a guide

Tresillian (2023) <https://www.tresillian.org.au/advice-tips/settling/0-3-months/> – How to Settle a Newborn Baby

Karitane (2023) <http://karitane.com.au/sleep-and-settling/> – Parenting Information for Mums & Dads: Birth to 12 months