A stepped approach to settling

Gentle, responsive ways to help your baby or toddler to sleep.

You can think of settling like a set of steps. Start at the step your child needs and, as they become calmer, move down the steps to give less support.



5 Try a different settling strategy.

4 Pick up, cuddle and soothe.



3 Try slow, rhythmic patting or gentle rocking.



2 Sit nearby, offer reassuring words or gentle touch.



1 Offer soft words or quiet singing from the door.



Follow your child's cues.
Move up a step if they need more support, or down a step as they become calmer.

Keep sleep safe.
For babies, always place them on their back to sleep in a safe sleep space.

Feeling stressed ?
Notice if you or your baby are getting stressed and finding it harder to calm. 1. Calm yourself, then your baby. 2. Try something different, like taking a walk, calling a friend or a support service like the Karitane Careline.

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