


## When settling your baby or toddler...

 It takes on average 30 seconds to 30 minutes to go off to sleep for children and adults

Clear, consistent messages & warm responding makes all the difference



soothing words/quiet singing at the door

Sit beside their bed, soothing words/ singing or Slow rhythmical mattress pat or gentle touch

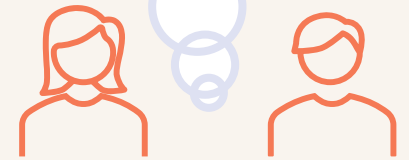
Slow rhythmical body pat or very gentle body rock

Pick and cuddle, sooth, gentle rock

Try something different

When settling, an upset baby or toddler, regularly question how you and your baby are coping. Keep baby safe and notice if you are getting frustrated or angry. Try taking deep breaths, slow speech, lower your voice and only gentle pats. Use positive self-talk or put your child in a safe place and take a short break to calm yourself and get support when you need to. Use supports from family, friends or parent helplines.

**Karitane Careline 1300 227 464**



Respond to your child's cues if they are calming, you can step back down the ladder of support. If they are getting more upset, you can skip a step and go straight to pick up and cuddle.

**START SMALL: Give your child the support they need but not more than they require.**