

# Settling Your Baby

Babies need cues or prompts that they learn to associate with being relaxed and going to sleep. Sleep and settling routines need to be simple and easy to follow, whether you are at home or out. Remember that when overtired or overstimulated your baby will find it very difficult to go to sleep.

## STEP 1. Recognise that your baby is tired

Jerky movements	Fixed gazing	Red eyebrows
Fist clenching	Grizzling	Dark circles under eyes
Frowning or grimacing	Clinginess	Back arching
Yawning	Rubbing eyes / face / ears	Not interested in exploring environment

What are *your* baby's tired signs? \_\_\_\_\_

## STEP 2. Make the baby comfortable

Check and change the nappy if required. Newborn babies can have a strong jerky response to something unexpected - the "startle reflex" - which can happen as they are falling asleep and cause them to wake up. Many little babies therefore like to be wrapped. After three or four months this becomes less necessary, and many babies then settle well in a sleeping bag.



## STEP 3. Soothe your baby

Have a brief quiet time together cuddling your baby and speaking or singing with a quiet voice, making slow soft sounds and movements. Don't make eye contact with your baby or say his name while you are doing this. If very tired your baby may grizzle or cry even when being soothed and it is better then to move on to the next step.