

- **Skin to skin** - If your baby is distressed and difficult to settle after a feed, skin-to-skin contact with either parent can help comfort them. This can also be a good opportunity for bonding. Once your baby is calm, put them back into their cot or safe sleeping space to fall asleep. You should avoid letting your baby fall asleep on you, as this can teach them only to fall asleep when being held and can make it difficult for them to learn to settle to sleep by themselves. Also ensure that you provide this contact where there is no risk of you falling asleep with your baby, for example, you could walk around carrying your baby instead of sitting/lying down with them.
- **Feed, play, sleep** - Try and establish a feed, play, sleep cycle where you feed them upon waking (after a quick nappy change) and help them settle to sleep before naps and bedtime without the feed. Instead, using methods such as patting their back or shushing to help them settle.
- **Put down awake** - putting your baby down awake can help them learn how to self-settle back off to sleep. This means when they wake up during the night after a sleep cycle, they won't always need your assistance to fall back asleep.
- **Bedtime routine** - having a bedtime routine can help your baby know when sleep time is coming. This might be a nappy change, a cuddle, a story/song/baby massage, into a sleeping bag, then into their cot for daytime naps. At night time you could include a bath in the routine too.
- **If your baby cries** - it is fine to pick them up, help them calm down and then pop them back into the cot awake. If they cry again, give them a few seconds-minutes to try and self-settle, and if they don't, you pick can them up again. You could even try and help them settle in the cot by using shushing, patting, and back rubbing.
- **If they wake in the night** - give them a few minutes to see if they settle back off to sleep. If they don't, do a quick nappy change and then do the feed, keeping them awake. Pop them back into the cot awake afterwards.



Whilst there are common strategies that may support the sleep of babies and children, there are also different parenting and professional styles that may favour one approach over another. There is no single solution that will suit everyone. The advice contained in these downloads is for general information purposes only and is intended to give you some basic tips and strategies. Our advice is NOT intended to be a substitute for medical advice or treatment.