

# Child Settling book



Dear Gabrielle,

This is just a quick note to thank you for all your help & advice with our girls. Believe it or not they have slept through every night since you visited our house. After 17 months of NO sleep Andrew & I can't believe what is happening.....

Thanks again for being so firm (yet gentle) with me during the process.

Kind Regards  
Symone



Dear Gabrielle,  
How apt that you share a name with an angel!!  
You have saved our sanity, and probably our marriage, whilst AS still has a little way to go - the first week has been nothing short of amazing. Three hour sleeps during the day and four to five hour sleeps at night - we still can't believe how simple it was once you showed us how.  
You have our eternal thanks & gratitude & we would recommend you wholeheartedly to anyone.  
In fact we think it should be compulsory for all new parents to have this information - I know I wish I'd had it for my other three children.  
Once again thank you and god bless.

♥ Tony & Nikki

P.S I am sure if AS could, he would thank you too - he is so much happier now.

Hi Gabrielle,

This is a short and very long overdue note to thank you for your amazing help earlier in the year. Kristian has continued to sleep very well in a predictable and reasonable routine - day & night! This has not only assisted him greatly in his learning, development and general behaviour, but it has given us our lives back - BEST money we EVER SPENT!! Many Many Thanks for giving us the confidence and power to achieve these goals for our child and family -  
Kylie & Jim

## Introduction



Life in general is extraordinary, and never more so than with the arrival of a new baby! The feeling of holding your newborn is magical and sometimes even a little overwhelming. This is completely natural. A new baby brings as many changes and challenges, as it does joy, wonder and love.

For several years I have provided a personal consultation service to hundreds of families who have experienced challenges with teaching their children to settle and sleep soundly. During this time, I discovered there is a need for a more accessible and affordable service, and one that provides support for each individual family and their unique needs.

One of the biggest changes a parent will experience is to their sleep routine. It's easy to find that before long you have lost your regular sleeping pattern and the daily routine of life is leaving you feeling overwhelmed and exhausted. It is at this stage (or preferably before!) that a good sleep pattern needs to be implemented for your baby and put into action ensuring everyone in the family can fully enjoy those precious moments a newborn brings.

Many of the families I have provided sleep and settling solutions have asked me to publish an information booklet with all my guidelines to assist them (and other expectant parents!) to achieve effective sleep routines for their children. Hence this booklet and our website was established. We hope you find it a valuable and informative tool that assists you with the raising happy, healthy children.

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## Promoting Good Sleep Pattern Habits

It is a good idea to follow the basic rules of life. Things that you have been taught and that you have learnt, a key example being "Prevention is better than the cure". One of Sleep Rescues preventative methods to reduce sleep problems is to encourage the "Feed, Play, Sleep Routine". It is important to understand the fundamentals.

**FEED**

- Breast
- Solids
- Feeding intervals for age group.

**PLAY**

- Play frame
- Cuddle
- Bath
- Walk
- Kick with nappy off

**SLEEP**

- Wrap
- Pat/Rock (Under 6 mths)
- Quiet dark room
- Music (Under 6 mths)
- Hammock (If baby has colic or reflux)
- Checklist for settling:



**Set the scene - Clear Messages.** The baby is tired and shows a tired sign: You, may have the television or radio on, so begin to wind down the household by turning off the television or radio. If the child is old enough, perhaps have a short story on the couch, then take the child into his room, wrap him, wind down the blinds or curtains, turn off the light, place the baby into the cot say "Sleep time". This is sending your child clear messages it's time for sleep.

When applying this method it is important to avoid over handling and over stimulating. Settle your baby in his or her cot instead of your arms. Yawning, rubbing eyes and Fidgeting are all signs of tiredness and indicate that some form of action is required. Create a calm, quiet atmosphere prior to the bedtime routine, to help your baby prepare for sleep. Bathing your baby at around the same time each day before bed is a positive way to establish a sleep routine.

Babies do not know what to expect and are learning to respond to your actions, thus we can change baby's behavior by changing our actions.

Remember, Commitment, Consistency, Patience and Perseverance are the keys to success!

## Settling



Some key factors to remember and make part of your routine are:

: Identify support from other family members, friends and supporters.

: If uncertain, investigate medical problems. Talk to your G.P. about what can change baby's sleep pattern, for example: Teething or being unwell.

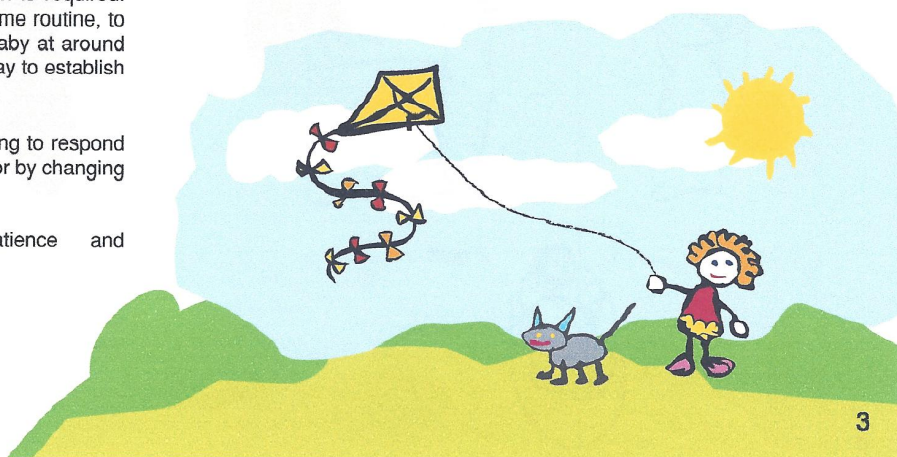
: Reward when baby has had a good sleep.

: If problems persist, examine your 'Putting Down' technique. There is an 80% to 90% success rate in 7-10 days.

: Some causes for bad sleeping habits may be that from birth the newborn may have been overfed. Newborn babies a commonly overfed for many reasons including anxious, new parents, a crying and grizzly baby due to colic or reflux. This in turn can establish negative sleep habits that will need to be addressed in the future.

: Don't hesitate to ask questions.

: Talk to other parents about their experiences and always remember you are not alone. Very importantly, be aware that comments or advice from well meaning friends and family can sometimes result in parents feeling even more stressed and confused. It often helps for parents to interact and unwind with people in similar situations. Mother's groups can be a great source of support, so speak to your Maternal Health Nurse for further information.



## Settling Strategies 0-6 Months

Listed below are several strategies or ideas that will help with the settling of your baby.

: Wrapping is effective when you are trying to establish your babies routine as it allows your baby to feel secure and as though it is being held firmly in your arms. Your baby may energetically resist or refuse wrapping at first but once wrapping has been introduced your baby will come to expect it.

: Music

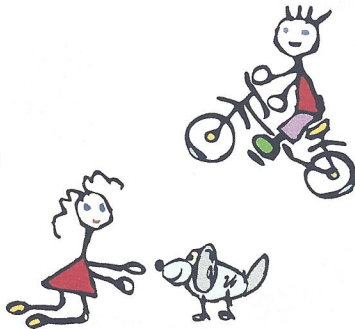
: Patting

: Gentle body rocking

: Dummy

: Stroking forehead

: Cot rocking



: Use only one of the strategies listed above at a time, remembering that these strategies are for relaxing purposes and for helping to put your baby to sleep.

Wrap your baby, place the baby in the cot, walk out of the room. Allowing your baby the opportunity to settle itself.

: If your baby begins to cry, wait two minutes before entering the room. When you enter the room, place some music on. A lot of my parents have had great success with a CD called 'Sounds For Silence'. This CD contains a variety of white noises and is produced by a Melbourne Pediatrician, Dr Harry Zehnirith. The CD can be purchased on our website.

After you place the music on, walk out of the room. When placing the music on do not make any eye contact with your baby. When you walk out of the room wait a further two minutes. If your baby is still unsettled and taking a dummy, walk into your baby's room and offer the dummy. When offering your baby the dummy once again ensure there is no eye contact and leave the room quietly. Wait a further two minutes, if your baby is still crying use one of the settling strategies listed above. I find that placing the baby on their side facing away from you works the best with your firm, consistent patting. Once your baby is settled turn him or her onto their back, follow SIDS recommendations. I find the baby settles better with this strategy.

If your baby wakes from its sleep during either the day or night, allow two minutes prior to presenting yourself to allow your baby to settle himself/herself.

## Wrapping

Wrapping will help you to settle you baby by making him feel more secure and reduce arm movements.

Many parents express concern that their infant may not like it or that the technique is old. However in most cases if your baby is unsettled during either day or night, this technique is worth trying and even trying again. Once your baby begins to settle whilst using the wrapping technique, at a monthly interval loosen the wrap slightly.

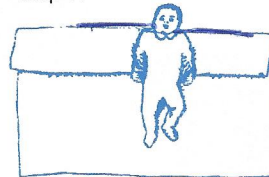
Remember not to overdress your baby when using the wrapping technique:

- : Warm weather - Singlet and nappy
- : Cool weather - Light suit and nappy

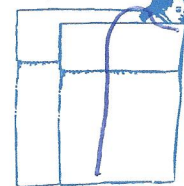
To create a wrap try using a cotton cot sheet. Blankets are not recommended as your baby could become hot.

- Step 1. Lay Baby down on sheet with arms by its side.
- Step 2. Turn baby to its side & wrap sheet over & behind baby.
- Step 3. Wrap opposite side over and around baby.
- Step 4-5. Wrap bottom of sheet up around torso and behind back.

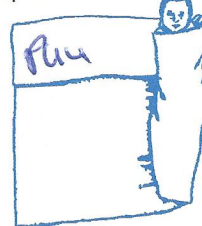
Step 1.



Step 2.



Step 3.



Step 4.



Step 5.



## Tired Signs

When trying to improve your babies sleeping patterns, it is important to pick up on tired signs early as it may take time to recognize them. An overtired baby will also be more difficult to settle.

Unfortunately your baby cannot tell you when he or she is tired. The only way of knowing is by recognizing a number of 'Tired Signs'. Every baby is unique and it is important for you to be able to recognize your baby's early signs of tiredness. Remember to encourage a set bedtime routine as babies learn by repetition. Listed below is a guide in recognizing early tired cues.

- Changes in Facial Expression
- Grimacing
- Frowning
- Sucking
- Jerky Movements
- Yawning
- Minimal Movements and Less Activity
- Staring
- Rubbing Eyes
- Rigid Limbs



Being able to recognize late and early 'Tired Signs' is imperative. Listed below are late cues of tiredness.

- Grizzling
- Clenched fists
- Crying

## Useful Tips To Assist In Settling Your Baby

- Infants need sleep. A good routine during the day will help them to sleep at night.

- Pre-bed routine, i.e. quiet time; is vital for your babies sleep pattern.

- Watch for Tired Cues:

- : Yawning
- : Jerky movements
- : Rubbing Eyes



- Comfortable and darkened settling environment.

- Separate feed and play time from sleep.

- Encourage Feed, Play, Sleep Routine.

- Encourage your baby to sleep on their back with their feet to the end of the cot.

- Remember prevention is better than cure, so allow your baby to try to self settle before assisting.

- Try and remain relaxed, flexible and patient remembering that the keys to success is CONSISTENCY and PERSEVERANCE.

- Babies can sense your anxiety.



## Here Are Some Useful Hints To Help All Of You Get Some Sleep



1. Establish a daytime pattern. Regular day sleeps help with nighttime settling. An over tired baby will not sleep well and is harder to settle. Set a settling/sleep routine appropriate to your baby and family.
2. For babies under 6 months avoid very long day sleeps and encourage good play times. Do not allow more than four hours between day feeds. Babies have a tendency to have a longer sleep somewhere within 24 hours. If your baby sleeps from 9.00am to 2.00pm he or she is less likely to have a good sleep at night.
3. Make a clear difference between day and night to help your baby to develop it's own pattern. Talk to your baby during day feeds and play with him/her afterwards, make this an enjoyable time in a living room environment. On the other hand make night feeds boring. The night feeds should take place, in the child's room with minimal light. Try not to talk to your baby, only change the nappy if necessary and re-settle as quickly as possible.
4. Persist with night time settling and for babies under six months keep feeds spaced as much as possible. When your baby cries at night, listen but don't rush in. Your baby may grizzle or call out and then put him/herself back to sleep. If your baby is crying persistently, repeat the age appropriate settling technique.
5. Be consistent. It is kinder and easier for your baby and the results will come quickly if you settle your baby in the same way every sleep time. This will encourage your baby to learn what is required.

## Progressive Learning – Baby Learning Self-Settling Behavior

Progressive learning may not be easy to do, but it is very effective in teaching older babies to sleep. It is suitable for babies 6 months and older and there are many variations.



1. Prepare the baby for bed, during the day quiet time and cuddles and at nighttime, bath, feeding, quiet time and cuddles.
2. Put the baby in his or her cot in the usual sleeping position. Pat or stroke your baby for several seconds, say "good night" or "go to sleep" or something similar and walk out of the room, despite your baby's protest, making sure the cot's sides are up and secure.
3. Listen to your babies cry.

4. Allow your baby to cry for at least 3 minutes, which may feel like the longest few minutes of your life especially for the first time! If crying persists go in to give some reassurance, but do not pick up your baby. Using a firm voice "Time for sleep", 'Go to sleep' it is important to be consistent with your tone of voice and walk out of the room despite your baby's further protest. Do not stay in the baby's room for longer than 30-second periods at a time.

5. This time stay out of the room for an extra three minutes, a total of six minutes before going to reassure your baby. Listen to your baby's cries and to its pitches before entering the room in order to recognize different cries. If your baby is not continuously crying it is recommended that you do not enter the room for a check for at least five minutes. When you re enter the room you may need to lay the baby down again. Remember to use your firm voice "Time for sleep". If the baby stands up after you have laid him or her down, continue to walk out of the room despite your babies protest and once again bear in mind that you should not stay in the your babies room longer than thirty second periods.

6. If the crying is persisting, increase the time out of the room by two minutes until you reach ten minute intervals. Remember to listen to your babies cry before entering the room. Continue to go in every ten minutes until your baby falls asleep. If the crying is calming down to a quieter cry or grizzle wait a while and try not to enter the baby's room, as your baby may be about to fall asleep. During the day continue progressive learning for up to 1.5 hours.

7. At nighttime, after an hour of progressive learning, if your baby is still awake and crying vigorously you may need to take a break. Pick up your baby, offer him/her a drink in their room, a brief cuddle, change the nappy (if required) and start the settling routine again at a three minute interval. Once your baby is in their room for the night they need to remain in their room until 6 am or 1.5 hours during the day.



## Progressive Learning – Toddler Learning Self Settling Behaviour

For children is a Bed.

Progressive learning is a very effective way to teach older toddler's to sleep well. Initially it may seem a little challenging, however with persistence and consistency you will see positive results.

3 yrs old

There are a number of variations to Progressive learning, yet the key principles remain the same. As always, it is important to be mindful of your baby's temperament and to follow a routine that both parents are comfortable with, and feel confident to implement.

When introducing any new sleep routine to your child, you need to set yourself realistic goals. On average it will take between 3 – 7 days to achieve a new sleep routine, however you can expect to see improvements every day, as children are very quick learners. Remember that consistency, a calm voice and a united approach are essential.



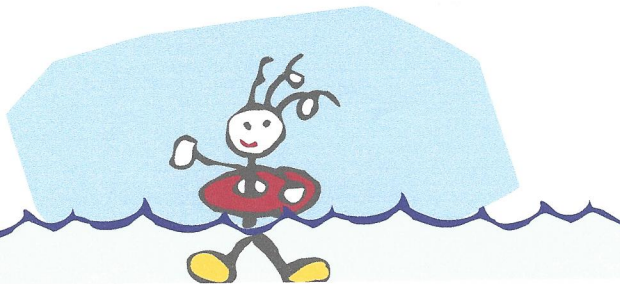
1. Prepare the child for bed by implementing sleep cues such as a bath, story, quiet time and cuddle's. I find that reading the story in the living area works best.
2. Put the child in his bed. Say "good night, go to sleep now Paige" (or something similar) and immediately leave the room (even if your child is protesting). Leave the door ajar.
3. Listen to your child's calls or cry; before long you will be able to recognise their different cries and pitches.
4. If the child gets out of bed, walks out of their room or continues to protest loudly, take them back to their bed and using a firm, calm voice say "If you do not stay in your bed quietly, I am going to close the door" or if they stay in their bed but protest loudly then alter your wording to "If you continue to cry loudly I am going to close the door".

If the child again leaves the room or their bed, return them to their bed and say "I said you needed to stay in your bed or I would need to close the door, I am going to close the door now" or say I said

you needed to lay down quietly or I would need to close the door, I am going to close the door now". Close the door for 3 minutes after which if the child is still protesting, go back in and say, "I will leave the door open but you need to stay in your bed. If you come out of your bed I am going to close the door" or "I will leave the door open but you need to stop crying loudly if you continue crying loudly I am going to close the door". At first this may feel like much longer than 3 minutes, however focus on your outcome and the benefits you and your child will achieve, and remain positive!

5. If your child gets out of bed or walks out of their room, close the door for an extra 3 minutes (i.e. 6 minutes in total) before opening the door and repeating the above instructions. Remember to use your firm voice and look directly at your child. It is important not to yell or appear frazzled by your child's behaviour, as children are very receptive to body language.
6. If your child continues to leave his bed or room, increase the time out of room by 2 minutes (i.e. 8 minutes in total) until you reach 10 minute intervals. If your child continues to get out of bed or his room close the door for 10 minutes until he/ she remains in their bed or ceases crying loudly. If your child falls asleep while the door is closed do not re open the door.
7. If after an hour of progressive learning your child is still awake and crying vigorously, consider taking a short break. You will most likely need it and that is OK. Enter your child's room; offer a small drink, a brief cuddle, and wait until he has calmed down.

Resume the above steps, starting at 3 minute intervals.



## What Parents Need To Know About Progressive Learning



- Progressive learning is a technique used for babies six months and older.
- It is not recommended to be used on babies under the age of six months.
- It is used to teach babies how to get to sleep and how to resettle themselves after waking without help from their parents.
- It takes two to three days to see some form of result's from this technique.
- The process is designed to give babies reassurance, comfort and security rather than rewarding them for waking.
- Consistency is essential in helping your baby to establish a long term sleeping pattern.
- Inconsistency will lead to mixed messages and confuses your baby, which will cause distress.
- Try to speak with a firm voice when telling your baby to sleep.
- During the day persist for up to one and a half hours to get your baby to sleep. If your baby vomits or soils his nappy during a crying period, it is recommended that you attend to your babies needs during a check time for minimal disruption. During this process do not remove your baby from their cot (ie change nappy in cot). If your baby has vomited clean baby up in the cot, changing sheets etc. If your baby is a baby that vomits, be prepared have clean sheets, blankets, change of clothes, face washer, water etc handy.
- GOOD OR BAD PARENTING CANNOT BE JUDGED BY WHETHER OR NOT A CHILD WAKES AT NIGHT.
- LISTEN TO ADVICE BUT DO WHAT FEELS RIGHT FOR YOU.

## Routine for babies (Guide only)

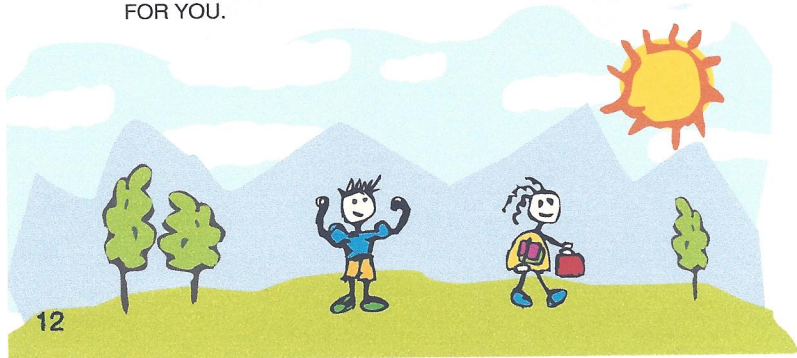
0-4 months



3-4 Hourly feeds by day.

Introduce feed, play, sleep routine by day and demand feed over night.

- Prior to three months of age it is difficult to establish a predictable pattern.
  - Parents can generally sort this out by encouraging young babies to have some wakeful time by day and at night resettle them straight after feeds.
- By day, after a baby has been fed, they can be kept up for thirty minutes to one hour having some stimulation and playtime.
- Perhaps lying on a mat looking at some toys suspended from a toy frame, or having a kick without their nappy on or be taken for a walk.
  - Be aware of your baby's tired signs.
  - If a change of scenery or activity does not help, assume the baby is tired and settle to sleep in the usual manner and continue to re-settle if necessary till the next feed.
  - We call this a feed-play-sleep pattern.



## Routine for babies (Guide only)



4-6 months

Flexible routine. (Remember to follow the plan not times as times may change daily)

6:00-7:00am

Breast or Bottle. If after your baby has been fed and they are looking tired prior to 7.45 am return the baby back to their bed for a short cat nap. The baby must be woken prior to 8.30am. When you wake up the baby, give the baby a top up of breast or bottle. Otherwise this would affect your day routine to allow continuity of feed play sleep routine.



Playtime.

9:00am

Sleep (No more than 2 hours and no less than 1.5 hours).

11:00am

Breast or Bottle.

Playtime.

1:00pm

Sleep (No more than 2 hours and no less than 1.5 hours).

3:00pm

Breast or bottle.

Playtime.

4:30pm

Short sleep (Between 45min and 1 hour). Babies need to be awake prior to 6pm or it will affect your night routine.

6:30pm

Bath.

7:00pm

Breast or bottle (Non Stimulating time). This feed is given in your Child's room after your child's Bath (Once baby shows tired signs).

7:30-8:00pm

Bed.

10:00-11:00pm

Roll over feed. Roll over feed is given between 10-11pm. Do not wait for your baby to wake up for this feed. Go into your baby's room, pick him/her up, feed the baby, do not unwrap your baby, if your baby happens to wake, do not talk or look at your baby to avoid stimulation.

On this routine the baby is still entitled to one more feed overnight. Depending on time of the roll over feed, usually four hours after roll over feed and another feed after 6.00am. At this time your baby will start their day, by taking them out of their room into the living area.



## Routine for babies (Guide only)



6-8 months

6:00-7:00am

Breast or Bottle. If after your baby has been fed and they are looking tired prior to 7.45 am return the baby back to their bed for a short cat nap. The baby must be woken prior to 8.30am. When you wake up the baby, give the baby a top up of breast or bottle. Otherwise this would affect your day routine to allow continuity of feed play sleep routine.

Playtime.

Breakfast.

8:00am

8:30am

Playtime.

9:00-10:00am

Sleep (No more than 2 hours and no less than 1.5 hours).

11:00am

Breast or Bottle.

12:00pm

Lunch.

12:30pm

Play.

1:00pm

Sleep (No more than 2 hours and no less than 1.5 hours).

3:00pm

Breast or Bottle.

Playtime.

4:30-5:00pm

Short sleep (Between 45min and 1 hour) Babies need to be awake prior to 6pm or it will affect your night routine.

5:30pm

Dinner.

6:00pm

Bath.

7:00pm

Breast or Bottle (Non Stimulating time). This feed is given in your Child's room after your child's Bath (once your baby has showed tired signs).

8:00pm

Bed.

10:00pm

Roll over feed usually ceases between six and ten months.



When the baby turns six months they are no longer entitled to a overnight feed. They may be still entitled to their roll over feed depending on your child's needs. Once your baby is in a consistent and age appropriate routine, you can commence to experiment with ceasing the roll over feed, by not giving the child the roll over feed for three consecutive nights.

If on the fourth night your child is still waking re introduce the roll over feed. During this process when the baby wakes through the night implement the progressive learning techniques. Once a sleeping routine is established commence unwrapping by one arm out for a few days, two arms out for a few days and than half wrapped baby waist down. If your baby wakes up during the process of unwrapping commence progressive learning. When the unwrapping is complete you can introduce a sleeping bag.

## Routine for babies (Guide only)

9 8th

9-18mths



6:00-7:00am	Breast or Bottle.
8:00am	Breakfast.
9:30am	Sleep (No more than 2 hours and no less than 1.5 hours).
12:00pm	Lunch (Cup of water).
1:00pm	Breast or Bottle.
	Playtime.
2:30pm	Sleep (No more than 2 hours and no less than 1.5 hours).
5:30pm	Dinner (Cup of water).
6:00pm	Bath.
7:00pm	Breast or Bottle.
7:30pm	Bed.

No Night Feeds.

## Routine for babies (Guide only)

18th

18mths and over

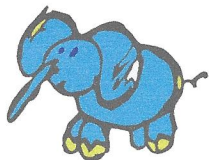


6.00 -7:00am	Breakfast with cup of milk Play.
11:30am	Lunch (Cup of Milk)
12:00pm	Sleep (No more than 3 hours).
3:00pm	Afternoon Tea and water. Play.
5:30pm	Dinner with a cup of Milk.
6:00pm	Bath.
7:00pm	Bed.

This routine may vary with age commencement, depending on your child. It depends on what time your child wakes, some children still require two sleeps until twenty three months, it is vital to pick up on your child's tired cues. With any of the routines mentioned if your child only has had short sleeps during the day they may require to go to bed at 6.30pm for the night and still expected to remain in bed until 6am.

No Night Feeds

Use cup now - No bottle required.



## Typical sleep requirements in childhood

11th

AGE	NIGHT TIME	DAY TIME	TOTAL HRS OF SLEEP
<b>Weeks</b>			
1	8.5	8	16.5
4	8.5	7	15.5
<b>Months</b>			
3	9	6	15
6	10	4.25	14.25
9	10	4	14
12	10	3.75	13.75
18	10	3.5	13.5
<b>Years</b>			
2	10	3	13
3	9.5	2.5	12
4	11.5		11.5
5	11		11
6	10.75		10.75
7	10.5		10.5
8	10.25		10.25
9	10		10
10	9.75		9.75
11	9.5		9.5
12	9.25		9.25

12th

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13th

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As a mother of two young children, I know how rewarding and challenging the early years of parenthood can be. It's such a steep learning curve, and change is the one constant you can be sure of! The first few years brings so many changes, particularly to sleep patterns and routines (for the entire family!).

I know from my personal and professional experience that if you are equipped with the right practical support, education and advice, you will be able to confidently manage whatever challenges arise and this needs not be a daunting or frustrating time.

Over the past 25 years I have had the pleasure of working exclusively with children and have been able to develop simple, effective and successful techniques for teaching children to settle and sleep.

In 1994 I purchased a child care centre and spent the following five years working with many young children. I completed a Diploma of Community Services – Early Childhood in 1999, and in 2003 completed a Post Graduate Degree in Post Natal and Neo Natal care. It was at this time that I realised there was a genuine need for parents to be able to learn settling techniques and address sleep issues within their home environment, and so Sleep Rescue Home Support Services commenced operation. Our specialised and affordable service provides the care and support that is required both before and after the arrival of your baby.

Since 2003, I have had the pleasure of working with hundreds of families both within Australia and internationally, and have seen the many benefits that are achieved with effective routines and sleep patterns. As a mother, I have personally experienced many of the challenges my clients are facing, giving me great empathy and understanding.

Most importantly, there is no sleep problem that cannot be addressed and resolved. It takes persistence and consistency, yet remarkably little time to see positive results and ultimately permanent changes. Whether you have one baby, multiples, or children of different ages, we have the experience and proven techniques to help you achieve happy, sound sleepers.

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