

Settling Flowchart

Settling Techniques
 Include: re-wrapping, laying down, patting, cot rocking

Feed

Play

Signs of Tiredness

Leave

No

Crying

Yes

Use Settling techniques

Wait and allow self-settle

No

Continual Crying

Yes

Use Settling Techniques

Wait; allow to self-settle

Yes

Decreased Crying

Day: Up, feed, play, sleep

No

Repeat above process for up to 1 hour

Yes

Baby Asleep

No

Night: Check nappy, try winding, cuddle 10 mins. Reduce mins. Reduce light, noise and stimulation. Consider Feeding if < 6 months