

# IN ROOM SETTling - IN A COT

- Complete your bedtime routine.
- Choose a sleep phrase such as “night night, I love you” or “sleepy time now”.
- Give them a cuddle and a kiss then say your chosen sleep phrase and put them down into their cot awake.
- Turn off their light and then sit next to their cot (you can place a chair here or sit on the floor or a cushion, the key thing is that you are comfortable).
- If they are calm and happy, then you can move a little away from the cot to give them some more space to fall asleep. You can also choose to leave the room to see how they respond.
- If they get upset then you have two options for how you respond.
- You can place your hand on their arm, shoulder or tummy with a firm pressure (about the same as if you were hugging them) and give three, long assertive shushes and repeat your sleep phrase. This reassures them you are still there, both verbally and with physical touch.
- Some children don't like to be touched when they are learning a new way to fall asleep, they can become more angry or upset. In this case, instead of touching them you can tap the mattress and say your sleep phrase.
- If they calm, then step away or leave the room to give them a chance to sleep.
- If they don't calm and they need more reassurance from you, then return your hand to them and repeat your three shushes or tap the mattress again.
- You can try spacing out your shushes/taps and reassurance to give them a chance to settle.

- When you're ready, you can start to move further away from the cot or leave the room even if this means you return quickly to reassure them with your touch and shushes.
- The key is that whenever they are calm you are going to remove your input.
- You're going to do this for as long as it takes for them to fall asleep in their cot. They are going to stay in their cot the whole time with you nearby to reassure them.
- There is no time limit for how long you stay with them as they fall asleep.
- Congratulations, you've just taken a huge step together to help your child fall asleep in their own sleep space!
- You're going to use this same technique for bedtime and if they wake in the night.
- If they stand up, which can be a challenge with this age group, then gently try and lay them down then rest your hand on their chest with a firm pressure and make three long 'sshhhh, shhhhhh, shhhhhh' sounds to sooth them.
- If your little one keeps standing up in their cot then avoid continuously trying to lie them down over and over. You can sit next to the cot and calmly 'shhh' and tap the mattress with your hand, giving them the signal that it's time for sleep and to lie down. This can take time and patience – you want to consistently give them the signal that there isn't anything else that is happening at this time other than preparing to sleep. You want to avoid any interaction that is too stimulating but you can try repeating a sleep phrase such as 'sleepy time' as a cue for sleep.