* **Resettling**
* This is how to get your baby to sleep and to enable him to stay asleep.
* Resettling teaches babies how to progress from light to heavy sleep. This is essential to avoid the pitfalls of frequent waking and catnapping. In a sense, resettling is the second stage of teaching baby how to find sleep and does demand more time and patience than settling (TACT).
* Most babies stir or wake when progressing from light to heavy sleep and this occurs anywhere between 20-45 minutes. In the beginning the idea is not to let your baby wake fully during this transition; a sleepy baby is easier to resettle than a wide-awake, crying baby.

Resettling is not about calming them down or staying until they just start to drift off, it is about staying with your baby until they go into a deep sleep.

However, as he grows you will need to step back and allow your baby the ability to try and resettle without any intervention.

The aim of resettling is to ensure your baby sleeps for not less than 1½ hours per sleep rhythm. Your baby can also sleep longer than 1-½ hours – ideally 2 to 2 ½ hour naps are what you are working towards.

Generally a baby who does not learn how to resettle will have short sleep cycles and wake during the night without the ability to fall back asleep on his own.

**Resettling Suggested Cycle**

**First stage** – you may choose to miss this stage and go onto the next stage.

Respond immediately.

To coax your baby into his deep sleep, place one hand over his chest (this is what I call ‘engulfing’ in the cot) and with the other hand begin the cupping action and then progress to gently patting and shushing him back to sleep. You can also turn your baby on his side facing away from you and then do the cupping action.

Remove hand from chest and then pat lighter, ending up patting the air. If your baby does not change his sleep pattern then leave the room. If your baby wakes then you need to repeat the process and stay with him until he goes back into a deep sleep.

**Second stage**

Leave to cry up to 5 minutes

Provide comfort by cupping/shushing then patting and shushing. Stay in the room until your baby goes to sleep. At this stage if he does not go to sleep then you do have the option of picking him up and putting him to sleep in your arms.

**Third stage**

Leave to cry up to 10 minutes

Provide comfort with cupping/shushing then patting and shushing. At this stage stay in the room until your baby goes to sleep.

**Fourth stage**

Leave to cry up to 15minutes STOP THINK and ACT

Provide comfort with cupping/shushing then patting and shushing. At this stage stay in the room until your baby goes to sleep.

Comfort - two ways of doing this, you stay in the room until your baby goes into a deep sleep and then you leave OR you can attempt to calm him down then leave and give your baby an appropriate time to see if he will resettle.

If your baby does not go back to sleep then you will need to stay with him until he goes into a deep sleep.

Always try and settle in his cot. It’s harder to resettle if you take him out of the cot, but trust me there will be times that you do this.

You can’t spoil a baby at this age; they need lots of nurturing and reassurance.

Do this settling up to 10 days – if it’s not working then you need to reassess what you are doing.

An example of resettling could be that your baby sleeps for 45 minutes wakes and it takes you another hour to coax them back into sleep and then they will sleep for another 45 minutes or less or sometimes more. Eventually over time your baby will not wake but continue to sleep through this wakeful period.