



Sleepytot



**GUIDE TO USING A  
SLEEPY TOT TO  
TEACH YOUR BABY  
TO SELF SETTLE**



## Guide to using a Sleepytot to teach your baby to self settle.

**Stage 1.** Attach 4 dummies to the sleepytot so your baby can easily find their dummy in the dark. Put the sleepytot in your babies hand and help your baby by guiding the dummy to their mouth, so they can easily fall asleep. Do this for all sleeps for 1-3 days.

**Stage 2.** Keep handing your baby the sleepytot for each sleep, but allow them to find the dummy and put this in their mouth on their own. This allows them the space to learn to find and replace their own dummy. They are on the way to self settling.

**Stage 3.** Place the sleepytot in the cot, and bounce or tap near the sleepytot to physically get your babies attention, this teaches them to reach for their own sleepytot and find and replace their own dummy. Do this for another 2-3 days.



### Trouble shooting:

**Q: What if my baby throws their sleepytot at me?**

A: This can quickly become a game, either place it back in the cot with no fuss, or give your baby/toddler some space for a few minutes and then return the sleepytot to the mattress not their hands. (or expect it to be thrown at you again!)

**Q: How do I eventually ditch the dummy?**

A: Use the sleepytot as their comforter and simply take away the dummies. We try to be positive with toddlers and use rewards and role play to teach your toddler to settle without their dummy.

**Q: How do I know if my baby is hungry or needs their dummy back?**

A: Up until solids are well established it's very common for your baby to need to be fed at night. If they settle quickly with their sleepytot and dummy, then they are probably not hungry.

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## *About the Author*

Emma is the founder of Baby Sleep Consultant NZ/Aus, a certified infant and child sleep consultant, happiest baby on the block educator and trains sleep consultants internationally. Emma has her own 3 children, and understand the struggle to get enough sleep is leaving many parents in today's modern world stressed and struggling to cope.

Emma's studies in biology at the University of Auckland have led her to strongly believe that sleep is a necessity not a luxury. Sleep is responsible for regulating your mood, and appetite, it is the time where your memories move from short term to long term you're your babies, who is learning a lot of new skills each day!)

Sleep is when the brain cleans itself, and your immune system strengthens, it's no surprise when you are tired and run down, you get sick.

Sleep is when your children grow, and your cells repair themselves!

Good sleep can improve post-natal depression symptoms, and lack of sleep can bring on PND.

Wanting to focus on improved sleep is not a selfish want as a parent, both you and your children will benefit from better sleep.

Please don't hesitate to get in touch or check out our website for more sleep help. [www.babysleepconsultant.co.nz](http://www.babysleepconsultant.co.nz)





## *Emma Purdue*

Emma is the owner and founder of Baby Sleep Consultant, she is a Certified Infant and Child Sleep Consultant, Lead Educator for Baby Sleep Consultant Training, Happiest Baby on the Block Educator, has a Bachelor of Science and Diploma in Education, she is a Gentle Sleep Expert and Mother of 3.