



Self Settling Workshop



**SELF SETTTLING
WORKSHOP
WITHOUT
COMPROMISING
YOUR PARENT STYLE**

SELF SETTTLING WORKSHOP

How to teach your baby to self settle, without compromising on your parenting style.



Parenting Styles

I believe there is a parenting style continuum, rather than a left side, right side, I think parents naturally do things which feel right and come from a place of love.

Where do you sit on the continuum?

Main stream parenting	Gentle parenting
Often follow routines set by parents	Are happy to have a rhythm to their day, but less structured routine
Children often taught to self soothe with cry based sleep training	Parents happy to support children emotionally through gentle no cry based sleep training
Children's behavior and routines often fit with an adult's world and life.	Expectation that the adults will change their lives to better accommodate the child/baby's needs.
Good behavior is rewarded with praise and stickers etc.	No behavior is rewarded, as no parental expectation placed on behavior
Children encouraged to be independent as soon as they are ready.	Allowing the adult to be the secure base for the child as they learn independence, so always being physically present.
Common for parents to use time out, or removal for unwanted behavior in toddlers/older children.	Unwanted behavior viewed as desire for more attention, so time in's often used.
Parents often control the baby's lives	Children allowed to control their own lives where appropriate

Your Babies Temperament and Their Sleep

ACTIVITY LEVEL.

Is your baby generally squirmy and active, or relaxed and laid back?

REGULARITY.

How predictable are your baby's eating and sleeping cycles?

APPROACH/WITHDRAWAL.

How does your baby respond to new situations and people? Does she brighten when she sees something new or does she recoil?

ADAPTABILITY.

How well does your baby handle changes in her schedule or minor disruptions in her activities? If she becomes upset, does she recover quickly?

SENSORY THRESHOLD.

How sensitive is your baby to bright lights, loud noises or scratchy clothes?

MOOD.

Does your baby appear to be basically happy or generally upset and angry?

INTENSITY.

How loud is your baby when she's either excited or unhappy? Does she seem extroverted or subdued?

DISTRACTIBILITY.

If your baby is hungry, for example, can you stop her crying temporarily by talking to her quietly or giving her a pacifier?

PERSISTENCE.

Does your baby play with a simple toy for a long time, or does she prefer to go quickly from toy to toy?

Settling Methods and Temperament

- ▶ Cry it out
- ▶ Controlled Crying
- ▶ Gradual Withdrawal
- ▶ Shush Pat
- ▶ Pick up put down
- ▶ Put down put down
- ▶ Breastfeeding to sleep, to independent sleep



The Hierarchy of Self Soothing

- ▶ The goal with any self Settling strategy or technique is to move up the hierarchy.
- ▶ Either quickly with a controlled crying or cry it out. Or gradually with gentle sleep training. The end point is the same, its just the journey which is different.



Controlled Crying

- ▶ Put your baby down calm but awake
- ▶ Let them cry while they try to self settle.
- ▶ Follow the times on the chart
- ▶ Adjust to suit your babies age
- ▶ Suits mainstream parents



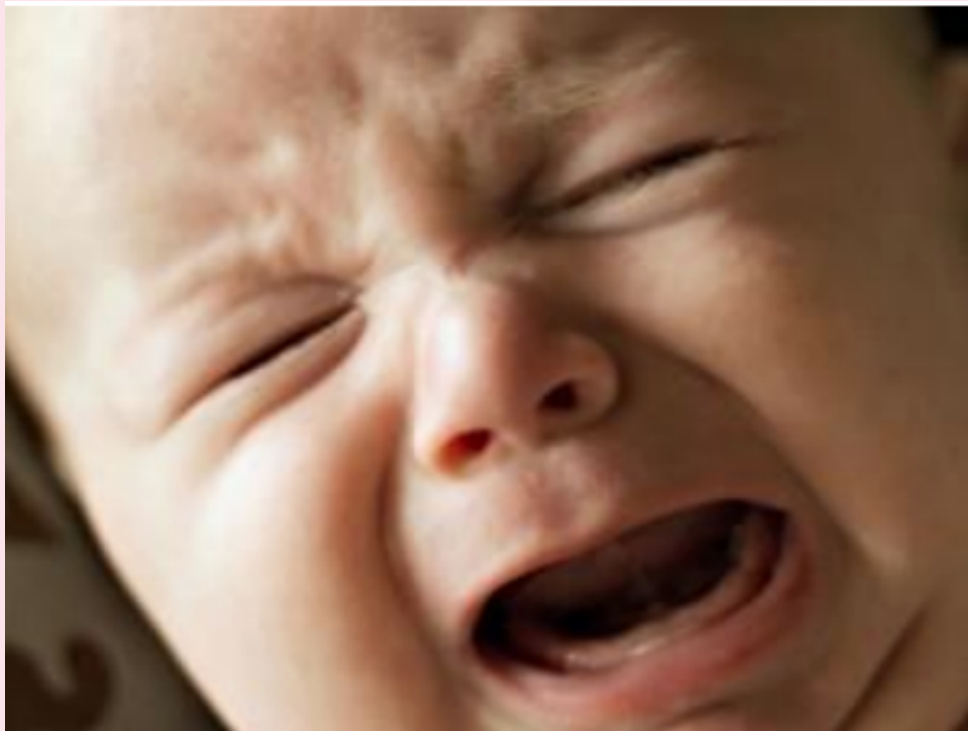
Pick Up Put Down

- ▶ Gentle sleep training
- ▶ Staying and supporting baby
- ▶ Suitable from 4 months -9 months
- ▶ Becomes put down put down from 9 months



Shush Pat

- ▶ Suitable from birth to 6 months
- ▶ Very gentle
- ▶ A gradual progression up the hierarchy of self soothing
- ▶ Can be incorporated into pick up put down



Gradual Withdrawal

- ▶ Suitable from 4/5 months
- ▶ Gentle and mainstream parents
- ▶ Uses proximity as soothing
- ▶ Slowly moves up hierarchy
- ▶ Can start with pu/pd and progress to this technique



Cry it Out

- ▶ Suitable for mainstream parents only
- ▶ From 4/6 months onwards
- ▶ Not for the faint hearted!
- ▶ Check everything else is perfect before trying this technique (ie, not hungry, over tired, good sleep associations etc.)



Breastfeeding to Sleep -> Independent Sleep

- ▶ Suitable from 4/6 months
- ▶ Suits very gentle parents
- ▶ Great for changing a bed sharing relationship, or hold to sleep or feed to sleep associations.
- ▶ 4 stages, can be done as quickly or slowly as you like



Success vs Not Being Successful

- ▶ Consistency
- ▶ Communication
- ▶ Picking the right technique
- ▶ Choosing your goals wisely
- ▶ Having support
- ▶ Giving it time



Naps vs Night sleep

- ▶ 1 hour limit for naps
- ▶ No limit for nights
- ▶ Re-settling 40-60 minutes in the middle of the day
- ▶ Nights, there is no limit
- ▶ Settle until a feed is due
- ▶ Nights are much easier than naps!



Twins!

- ▶ Pick up put down - sit between your babies
- ▶ Shush pat, babies in same cot or stagger their bed times
- ▶ Controlled crying, check and console at the same time. Give each baby a console for 1-2 minutes
- ▶ Gradual withdrawal sit between cots
- ▶ Feed to sleep - independent sleep - alternate who you settle





Baby Sleep Consultant

If you want some more help with your child's sleep,
[get in touch](#)

Try our [Online Sleep Program](#)

www.babysleepconsultant.co.nz

We would love to help you and your family get the sleep you all need and deserve!

Remember sleep is a biological necessity, not a luxury!



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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.