

Stir to Sleep

Here are some ways to successfully stir your child. At each attempt, start at the top of the list and work down until you've been successful.

- quietly enter the room
- quietly approach the cot
- gently move the covers
- gently touch their body
- gently touch their hair
- gently stroke their cheek
- move them up and down and inch or two in their cot/bed

You will know you've been successful when your child does any ONE of the following things:

- sigh/moves slightly
- move their mouth/lips
- rubs their face
- turns their head
- moves their limbs
- turns over

If they wake accidentally (and this is extremely rare as Stir to Sleep takes place in deep sleep) stay calm and stay a little longer, supporting them back to sleep using as little input as possible.