

## Unsettled Baby

1 am  Long feed, settles to sleep if held	2 am  Fidgety sleep	3 am  Feed, falls asleep when held but wakes when put into Moses basket	4 am  Asleep	5 am  Asleep	6 am  Feed and then fidgety sleep
7 am Cries Feed and nappy change. Won't settle unless held	8 am  Sleeps if held, wakes and cries if put down	9 am  Sleeps if held, wakes and cries if put down	10 am Cries Feed and nappy change, settles if cuddled	11 am  Asleep	12 noon  Asleep
1 pm Cries Feed and awake but wants to be held	2 pm  Feeds fretfully, nappy change	3 pm  Awake and alert, wants cuddle	4 pm Cries Feeds off and on, nappy change	5 pm  Long feed, dozes if held, wakes if put down and cries inconsolably	6 pm  Bath - Screams until being cuddled again. Awake but wants to be held
7 pm Cries Feed, nappy change. Cries then feed again	8 pm  Dozes if held, wakes and cries if put down	9 pm Cries Feed, nappy change and then feed again	10 pm  Dozes if held, wakes and cries if put down	11 pm  Asleep	12 midnight Cries Small feed, nappy change

## **Unsettled Baby**

**How do you feel about: always wanting to be carried, unable to settle to sleep, crying, being hard to settle & soothe?**

**Do you have any concerns about unsettled baby?**

**Does anything please you about unsettled baby?**

**If this is your baby, what coping strategies/support/reassurance might you need?**

## Notes, Ideas & Questions