

Tips for settling breastfed babies and toddlers in childcare

Adjust light and volume

Not too loud, not too quiet, not too dark, not too light.

Comfort

Sometimes babies just need to be held.

Move, sing or read

Try walking, dancing, swaying, reading or singing.

Massage

Help baby relax with a gentle massage.

Get outdoors

A change of scenery can do wonders for a tired bub.

Swap educators

Sometimes a new set of hands might just do the trick.

Talk to family

An item of clothing from home might help.



Worimi artist, Lara Went
"The heart of a child"

Good for Kids
Good for Life

