

Be patient!

It is *normal* to be upset when your child keeps waking you up at night.

This is not easy.

FYI-- Google searches on sleep in children can be dangerous!

For information you can trust, visit:

www.healthychildren.org sponsored by the American Academy of Pediatrics

or

The National Sleep Foundation at www.sleepfoundation.org

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Healthy Sleep Tips

UB|MD Pediatrics SLEEP CENTER

Toddlers

Toddler bedtime can be the hardest part of the day!

Give it time. Creating good sleep habits at this age can be HARD!

✓ **Sleep *health* starts with enough sleep at the right time!**

Not enough sleep can cause crankiness, nap refusal, problems gaining weight and speech delay



The recommended amount/time for sleep in toddlers is:

11 to **14** hours adding in 2 naps
Asleep by 6:30-7:3pm
Wake up by 6-7am
Morning nap 9-11am or 10-12pm
Afternoon nap 12-2pm or 1-3pm

✓ **Have a bedtime routine that is the same every day AND no longer than 30 minutes.**

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- Use a **bath**, **soft music** and **reading** together to help your child calm down
- ***NO*** running around within **2 hours** of bedtime
- ***No bedtime snack:*** food is no longer necessary before bed and can make it harder to fall asleep
- **Set limits**→ Don't let your child drag out bedtime
- No phone, tablet, or TV **1 hour** before bed.

Our eyes see them as the sun and tell the brain to "**WAKE UP!**"



✓ Have the same wake-up time on week days and weekends

Kids LOVE routines! The time they wake up is important to when they fall asleep the NEXT night.

✓ Being active during the day = good sleep at night! (But not too close to bedtime…)

✓ Put your child to bed alone when sleepy but not yet asleep

- Falling asleep *alone* in their *own bed* helps with **independence and self-soothing.** This leads to success for them as adults.

✓ Make your child's room "sleep friendly"

- Cool, dark and quiet
- No blue lights or loud music
- No TV on in the background
- Allow your child to pick a favorite thing to take to bed with them. Make sure the object is soft and safe.

✓ Every time your child calls for you after lights out, try not to go into their room right away.

Instead, try:

- Wait several seconds before answering and make your response time longer each time. This will provide a chance to fall asleep on his/her own Reassure your child that you are there. If you need to go into the room, do not turn on the light, do not play, do not rock them or stay too long.
- Move farther from your child's bed every time you go in, until you can reassure them with your voice and without entering the room.
- Remind him/her each time he/she calls that it is time to go to sleep.