

# SLEEP

Bedtime can be a challenge unto itself at age 2 to 5! Your role is to establish a bedtime routine that meets your child's needs.



## Before bedtime

### Spend time together while doing a calming activity:

play with blocks, draw, laugh, read, sing, give a massage, etc.

Screens can affect my sleep.



### Establish a routine to help your child fall asleep

For example, after their bath, they can brush their teeth, read a story with you, share a highlight from their day, give you a hug, and then say goodnight.



### Respect your child's sleep needs

They need **10 to 14 hours of sleep every 24 hours, depending on their age**, including a daily nap. Getting enough sleep allows your child to learn, better handle their emotions, concentrate, develop, and more.



## Going to bed and waking up at consistent hours makes family life easier.

Put your child to bed if they're showing signs of tiredness (yawning, restlessness, eye rubbing). If they're not sleepy, you can suggest relaxing in bed with a book, looking at pictures, etc.

## During sleep

### **If your child wants you with them to go to sleep, reassure them**

"I won't be far, and I'm going to sleep, too." In addition, gradually decrease the amount of time you spend in their room.



### **If they're afraid, comfort them**

"It's nighttime. Go to sleep, my darling. I'm here. Everything is okay."



### **If your child wakes up,**

give them time to self-soothe.



### **Reduce stimulation**

Speak in a soft voice, use a night light.



### **If your child tells you they had a bad dream,**

help them turn the scary part into a funny or positive event (e.g., they defeat the monster).

**Your child's bedroom must remain a relaxing space, not one associated with punishment.**

## As a parent...

**What helps me sleep?**

**What gives me comfort and peace of mind?**

**What are my sleeping habits?**

