

TODDLER SLEEP HELP

CHECKLIST

- Start the wind down process in the early evening.
- Follow the same bedtime routine each night.
- Maintain a consistent bedtime to set the "biological clock."
- Create a comfortable and inviting sleep space.
- Offer a bedtime snack to help hold them through the night.
- Encourage sunshine and fresh air during the day to release energy.
- Explain to your child what will happen at bedtime.
- Stay consistent. Keep firm boundaries.
- Use deep breathing to calm your child.
- Implement all changes slowly over time.
- Avoid the use of nightlights. Research demonstrates better quality sleep without them.