

# HELP YOUR CHILD TO SLEEP

**AVOID DAYTIME NAPS OVER 2 YEARS**

**MAKE SURE THEY ARE AWAKE FROM 2PM**

**PHYSICAL PLAY OUTSIDE IN THE AFTERNOON HELPS**

**AVOID SUGAR AND CAFFEINE LATER IN THE DAY**



## CALM BEDROOM

**TOYS TIDIED AWAY**

**SAFE – USE SAFETY GATES**

**APPROPRIATE TEMPERATURE  
– 16 TO 18 DEGREES**

**NO SCREENS**

**IF CHILD AFRAID OF DARK  
THEN NIGHT LIGHT**



## CONSISTENT ROUTINE

**LAST FOOD OR DRINK 1 HOUR BEFORE  
BED–**

**CONSISTENT TIME TO GO TO BED AND  
GET UP**

**LASTING 30 MINUTES TO CALM**

**–NO SCREENS**

**–READ, DRAW, LISTEN, MASSAGE**

**PUT TO BED**

**AWAKE WITH A SPECIAL TOY OR  
COMFORTER**



**LIMIT SET AFTER LIGHTS OUT**

**– IT IS NOW SLEEP TIME,  
LOVE YOU, GOOD NIGHT – ONCE**

**THEN A CALM REMINDER**

**THAT IT IS SLEEPING TIME**

**WITHOUT EYE CONTACT USING ONE PHRASE**

**– E.G. SLEEPING TIME NOW**

