



The Red Brick Day Nursery Sleep in Young Children Hints and Tips for a Better Night's Sleep

Why is sleep so important?

Sleep is an important part of everyone's routine and none more than for babies and young children.

Research has shown that children who regularly get adequate number of hours of sleep have improved attention, behaviour, learning, memory and overall good mental and physical health.

So what is an adequate number of hours sleep?

AGE	SLEEP IN 24 HOURS
Infants 4 to 12 months	12-16 hrs including naps
Children 1 to 2 years	11-14 hrs including naps
Children 3 to 5 years	10-13 hours including naps
Children 6 to 12 years	9-12 hours
Teenagers 13 to 18 years	8-10 hours

Some children find it difficult to fall asleep and some find it difficult to stay asleep. Some children find both difficult! So here are some helpful hints and tips to help your little one settle and have a good nights sleep:

1. Routine is King

Routine means consistency, so you use the same bedtime everyday including when on holiday, if possible. Your routine will involve an element of winding down and a slowing of pace (so no rowdy games at this time!). This winding and slowing down can include bath time followed by story time.

A consistent bedtime by the time your baby is 3 months is important. The routine should last between 30 and 40 minutes and include bath time and story time. Research has shown that reading a story at bedtime is best at relaxing children and encouraging them to fall asleep.



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The Red Brick Day Nursery will work with parents to support their baby or toddler's individual sleep routine during their time at nursery.

2. Encourage self soothing

Try not to let your baby or toddler fall asleep during mealtimes. Put your baby or toddler to sleep awake. By the time your baby is 3 months old you should be slowing your response time to when they wake up crying in the night. By the time they are 6 months old most babies sleep through the night. At this age consider turning down the volume of the monitor so that you are less tempted to rush off into your baby if they cry in the night and will allow them some time to drift off to sleep on their own.

3. Setting the Scene for Sleep

Try to maintain light and temperature levels in your child's bedroom. Dimming the lights also helps as does a warm bottle of formula or milk, or a bedtime feed if mum is breast feeding.

As children get older set a wake up time for when they can leave their room.. they can play quietly until that time if they wake early. There are a number of 'clocks' that help toddlers and pre-schoolers to understand when its time to wake.

Sometimes these strategies do not work. However there is help available from your GP or from a Sleep Consultant should this be appropriate.

For more general information about sleep hygiene in children please see:

www.nhs.uk/live-well/sleep-and-tiredness/healthy-sleep-tips-for-children/?tabname=sleep-tips

www.gosh.nhs.uk/medical-information/procedures-and-treatments/sleep-hygiene-children