

# Help for sleep problems

Preschoolers 3 - 5 years



Easy English

## Hard words



This book has some hard words.

The first time we write a hard word

- the word is in **blue**
  
- we write what the hard word means.

## You can get help with this book



You can get someone to help you

- read this book
  
- know what this book is about
  
- find more information.



## About this book



This book is written by the  
Department of Health and Human Services.



This book tells you about help for  
**sleep problems** in preschoolers **3 - 5** years.

## Severe night waking



**Severe night waking** means your child

- wakes up more than 3 times per night



- stays awake for more than 20 minutes



- takes more than 30 minutes to settle



- needs to sleep in bed with you.

## Help with sleep concerns

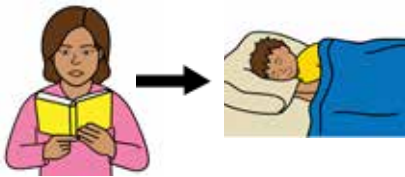


To help your child sleep make sure you

- notice the things they do when they are tired



- put your child in bed when you think they are tired



- do things in the same order every day before sleep time



- keep the room dark and quiet every night before bed.

## Bed time fading

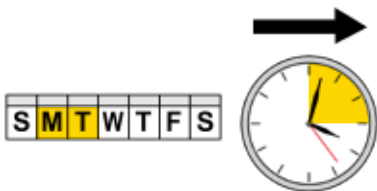
**Bed time fading** can help your child sleep.

Follow these steps for bed time fading.

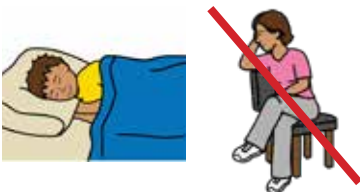


1. Write down the time when your child falls asleep for 7 nights in a row.

2. Find the latest time your child went to sleep in 7 nights and make it the new bed time.

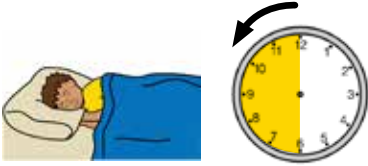


3. Make bed time 15 mins later every 2 days.



4. Stop fading when your toddler goes to sleep on their own and does **not** wake up a lot at night.

Use bed time fading when your child is 2 - 3 years old.

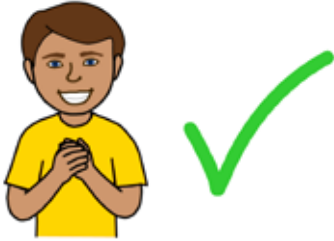


You can use bed time fading to make bed time earlier too.

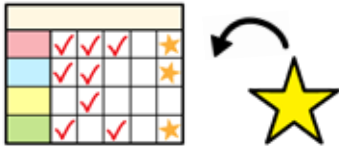


Talk to your Maternal and Child Health Nurse before you try bed time fading.

## Reward chart



A **reward chart** means something good happens when your child does the right thing.



You might put a sticker on a reward chart if your child does **not** call out to you at night.



Do something fun with your child when they get 3 - 5 stickers.

Something fun might be a movie night.



If your child does **not** get a sticker do **not** make them feel bad.



Tell your child

- it is okay if they do **not** get a sticker
- they can always try to do a better job next time.



## Free pass

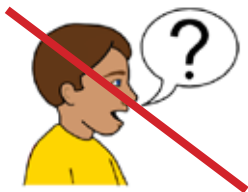


A free pass means you let your child get **1** thing they want at bedtime. For example, read a book or give a kiss.

Tell your child after they use the free pass they must

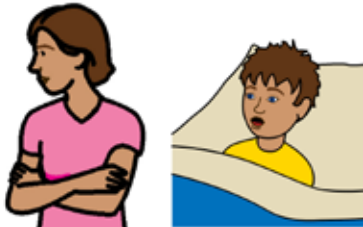


- sleep



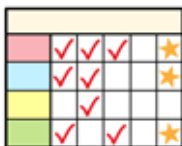
- **not** ask for anything else.

Ignore your child if they



- call out to you

- ask for something silly.



A reward chart or free pass only works if your child can



- talk
- understand you.

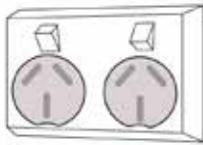
## Safe sleep

You must make sure the bedroom is safe.

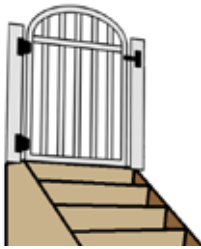
For example



- get a bed that is low to the ground



- cover up cords and power points



- block off stairs



- lock windows.



## More information

For more information contact the  
Department of Health and Human Services.



Website

[https://www.betterhealth.vic.gov.au/  
healthyliving/Child-health-0-6](https://www.betterhealth.vic.gov.au/healthyliving/Child-health-0-6)

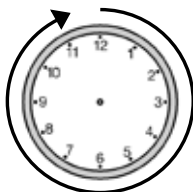


If you are worried about your toddler

- contact your Maternal and Child Health Nurse
- call the Maternal and Child Health Line.



Call 13 22 29



The helpline is open 24 hours per day and  
7 days per week.



You can also see your doctor for more help.

## More Easy English

There are more Easy English books on our website about

- sleep for preschoolers



- good sleep routines.



### If you need help to speak or listen

You can use the National Relay Service or NRS if you need help to make a call.



Call the NRS help desk

1800 555 660



Go to the NRS website

[communications.gov.au/accesshub/nrs](http://communications.gov.au/accesshub/nrs)

**Notes**

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