

Sleep and settling for families and children birth to school age in community languages

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Fourteen fact sheets on typical sleep behavior, preventing sleep concerns and solutions to sleep concerns.

Arabic (العربية)

- صحيفة المعلومات 1، سلوك النوم المعتاد: المواليد الجدد 0-3 أشهر - Typical sleep behaviour (1) – newborns 0 to 3 months
- صحيفة المعلومات 2، سلوك النوم المعتاد: الأطفال 3-6 أشهر - Typical sleep behaviour (2) – babies 3 to 6 months
- صحيفة المعلومات 3، سلوك النوم المعتاد: الأطفال 6-12 شهراً - Typical sleep behaviour (3) – babies 6 to 12 months
- صحيفة المعلومات 4، سلوك النوم المعتاد: الأطفال من عمر سنة – سنتين - Typical sleep behaviour (4) – toddlers 1 to 2 years
- صحيفة المعلومات 5، سلوك النوم المعتاد: الأطفال من عمر 2-3 سنوات - Typical sleep behaviour (5) – toddlers 2 to 3 years
- صحيفة المعلومات 6، سلوك النوم المعتاد: الأطفال في مرحلة ما قبل المدرسة من عمر 3-5 سنوات - Typical sleep behaviour (6) – preschoolers 3 to 5 years
- صحيفة المعلومات 7، منع مشاكل النوم: الأطفال من عمر 0-6 أشهر - Preventing sleep concerns (7) – babies 0 to 6 months
- صحيفة المعلومات 8، منع مشاكل النوم: الأطفال من عمر 6-12 شهراً - Preventing sleep concerns (8) – babies 6 to 12 months
- صحيفة المعلومات 9، منع مشاكل النوم: الأطفال من 1-3 سنوات - Preventing sleep concerns (9) – toddlers 1 to 3 years
- صحيفة المعلومات 10، منع مشاكل النوم: الأطفال في مرحلة ما قبل المدرسة من عمر 3-5 سنوات - Preventing sleep concerns (10) – preschoolers 3 to 5 years
- صحيفة المعلومات 11، حلول لمشاكل النوم: الأطفال من عمر 6-12 شهراً - Solutions to sleep concerns (11) – babies 6 to 12 months
- صحيفة المعلومات 12، حلول لمشاكل النوم: الأطفال من عمر 1-3 سنوات - Solutions to sleep concerns (12) – toddlers 1 to 3 years
- صحيفة المعلومات 13، حلول لمشاكل النوم: الأطفال في مرحلة ما قبل المدرسة من عمر 3-5 سنوات - Solutions to sleep concerns (13) – preschoolers 3 to 5 years
- صحيفة المعلومات 14، النوم والتهنئة لمرحلة الطفولة المبكرة - الرعاية الذاتية والدعم للوالدين ومقدمي الرعاية - Solutions to sleep concerns (14) – self-care and support for parents and caregivers of young children

Burmese (မြန်မာစာ)

- အချက်အလက်မှတ်တမ်း 1 - အိပ်စက်ခြင်းအပြုအမူ - မွေးကင်းစကလေးငယ်များ 0-3 လ - Typical sleep behaviour (1) – newborns 0 to 3 months
- အချက်အလက်မှတ်တမ်း 2 - ပုံမှန်အိပ်စက်ခြင်း အပြုအမူ - နို့စိုက်ကလေးငယ်များ 3-6 လ - Typical sleep behaviour (2) – babies 3 to 6 months
- အချက်အလက်မှတ်တမ်း 3 - ပုံမှန်အိပ်စက်ခြင်းဆိုင်ရာ အပြုအမူ - နို့စိုက်ကလေးငယ်များ 6-12 လ - Typical sleep behaviour (3) – babies 6 to 12 months
- အချက်အလက်မှတ်တမ်း 4 - ပုံမှန်အိပ်စက်ခြင်းဆိုင်ရာ အပြုအမူ - တွားသွားကလေးငယ်များ 1-2 နှစ် - Typical sleep behaviour (4) – toddlers 1 to 2 years
- အချက်အလက်မှတ်တမ်း 5 - ပုံမှန်အိပ်စက်ခြင်းဆိုင်ရာအပြုအမူ - တွားသွားကလေးငယ်များ 2-3 နှစ် - Typical sleep behaviour (5) – toddlers 2 to 3 years
- အချက်အလက်မှတ်တမ်း 6 - ပုံမှန်အိပ်စက်ခြင်းဆိုင်ရာ အပြုအမူ - မူကြိုကလေးငယ်များ 3-5 နှစ် - Typical sleep behaviour (6) – preschoolers 3 to 5 years
- အချက်အလက်မှတ်တမ်း 7 - အိပ်စက်ခြင်းဆိုင်ရာစိုးရိမ်စရာများ ကာကွယ်တားဆီးခြင်း - နို့စိုက်ကလေးငယ်များ 0-6 လ - Preventing sleep concerns (7) – babies 0 to 6 months

- **အချက်အလက်မှတ်တမ်း 8 - အိပ်စက်ခြင်းဆိုင်ရာစိုးရိမ်စရာများအား ကာကွယ်တားဆီးခြင်း - နို့စို့အရွယ်ကလေးငယ်များ 6-12 လ** - Preventing sleep concerns (8) – babies 6 to 12 months
- **အချက်အလက်မှတ်တမ်း 9 - အိပ်စက်ခြင်းဆိုင်ရာစိုးရိမ်စရာများအား ကာကွယ်တားဆီးခြင်း - တွားသွားကလေးငယ်များ 1-3 နှစ်** - Preventing sleep concerns (9) – toddlers 1 to 3 years
- **အချက်အလက်မှတ်တမ်း 10 - အိပ်စက်ခြင်းဆိုင်ရာစိုးရိမ်စရာများအား ကာကွယ်တားဆီးခြင်း - မူကြိုကလေးငယ်များ 3-5 နှစ်** - Preventing sleep concerns (10) – preschoolers 3 to 5 years
- **အချက်အလက်မှတ်တမ်း 11 - အိပ်စက်ခြင်းဆိုင်ရာ စိုးရိမ်စရာများအတွက် ဖြေရှင်းနည်းများ - နို့စို့ကလေးငယ်များ 6-12 လ** - Solutions to sleep concerns (11) – babies 6 to 12 months
- **အချက်အလက်မှတ်တမ်း 12 - အိပ်စက်ခြင်းပညာနာများအတွက် အဖြေများ - တွားသွားကလေးငယ်များ 1- 3 နှစ်** - Solutions to sleep concerns (12) – toddlers 1 to 3 years
- **အချက်အလက်မှတ်တမ်း 13 - အိပ်စက်ခြင်းဆိုင်ရာ စိုးရိမ်စရာများအတွက် အဖြေများ -မူကြိုကလေးငယ်များ 3-5 နှစ်** - Solutions to sleep concerns (13) – preschoolers 3 to 5 years
- **အချက်အလက်မှတ်တမ်း 14 - အစောပိုင်းကလေးဘဝအတွက် အိပ်စက်ခြင်းနှင့် စိတ်ငြိမ်စေခြင်း** - Solutions to sleep concerns (14) – self-care and support for parents and caregivers of young children

Dari (داری)

- **ورقة معلوماتی 1: رفتار خاص خواب: نوزادان 0 تا 3 ماه** - Typical sleep behaviour (1) – newborns 0 to 3 months
- **ورقة معلوماتی 2: رفتار خاص خواب: نوزادان 3 تا 6 ماه** - Typical sleep behaviour (2) – babies 3 to 6 months
- **ورقة معلوماتی 3: رفتار خاص خواب: اطفال 6 تا 12 ماه** - Typical sleep behaviour (3) – babies 6 to 12 months
- **ورقة معلوماتی 4: رفتار خاص خواب: طفل نوپای 1 تا 2 ساله** - Typical sleep behaviour (4) – toddlers 1 to 2 years
- **ورقة معلوماتی 5: رفتار خاص خواب: اطفال نوپای 2 تا 3 ساله** - Typical sleep behaviour (5) – toddlers 2 to 3 years
- **ورقة معلوماتی 6: رفتار خاص خواب: طفل پیش از سن مکتب 3 تا 5 ساله** - Typical sleep behaviour (6) – preschoolers 3 to 5 years
- **ورقة معلوماتی 7: جلوگیری از نگرانی های خواب: نوزادان 0 - 6 ماهه** - Preventing sleep concerns (7) – babies 0 to 6 months
- **ورقة معلوماتی 8: جلوگیری از نگرانی های خواب: نوزادان 6 - 12 ماهه** - Preventing sleep concerns (8) – babies 6 to 12 months
- **ورقة معلوماتی 9: جلوگیری از نگرانی های خواب: اطفال نوپا 1 تا 3 ساله** - Preventing sleep concerns (9) – toddlers 1 to 3 years
- **ورقة معلوماتی 10: راه حل های نگرانی های مربوط به خواب: اطفال پیش از سن مکتب 3 تا 5 ساله** - Preventing sleep concerns (10) – preschoolers 3 to 5 years
- **ورقة معلوماتی 11: راه حل های نگرانی ها در مورد خواب: اطفال 6 - 12 ماه** - Solutions to sleep concerns (11) – babies 6 to 12 months
- **ورقة معلوماتی 12: راه حل های نگرانی های مربوط به خواب: اطفال 1 تا 3 ساله** - Solutions to sleep concerns (12) – toddlers 1 to 3 years
- **ورقة معلوماتی 13: راه حل های نگرانی های مربوط به خواب: اطفال پیش از سن مکتب 3 تا 5 ساله** - Solutions to sleep concerns (13) – preschoolers 3 to 5 years
- **ورقة معلوماتی 14: خواب و آرام گیری برای اوایل طفولیت - مراقبت از خود و حمایت از والدین و مراقبت کنندگان** - Solutions to sleep concerns (14) – self-care and support for parents and caregivers of young children

Khmer (កម្ពុជា)

- **ស្ថិតិអំពីការគេងដំបូង: ឥរិយាបថគេងជាធម្មតា: ពេលវេលាគេងកំណត់ ០-៣ខែ** - Typical sleep behaviour (1) – newborns 0 to 3 months
- **ស្ថិតិអំពីការគេងទី២: ឥរិយាបថគេងជាធម្មតា: ពេលវេលាគេង ៣-៦ខែ** - Typical sleep behaviour (2) – babies 3 to 6 months
- **ស្ថិតិអំពីការគេងទី៣: ឥរិយាបថគេងជាធម្មតា: ពេលវេលាគេង ៦-១២ខែ** - Typical sleep behaviour (3) – babies 6 to 12 months
- **ស្ថិតិអំពីការគេងទី៤: ឥរិយាបថគេងជាធម្មតា: ក្មេងវ័យវេលាវេលាគេង ១-២ឆ្នាំ** - Typical sleep behaviour (4) – toddlers 1 to 2 years
- **ស្ថិតិអំពីការគេងទី៥: ឥរិយាបថគេងជាធម្មតា: ក្មេងវ័យវេលាវេលាគេង ២-៣ឆ្នាំ** - Typical sleep behaviour (5) – toddlers 2 to 3 years
- **ស្ថិតិអំពីការគេងទី៦: ឥរិយាបថគេងជាធម្មតា: ក្មេងវ័យវ្រ្ម្រឡធម្មតា ៣-៥ឆ្នាំ** - Typical sleep behaviour (6) – preschoolers 3 to 5 years
- **ស្ថិតិអំពីការគេងទី៧: កិច្ចការពារព្រួយបារម្ភអំពីការគេង: ពេលវេលាគេង ០-៦ខែ** - Preventing sleep concerns (7) – babies 0 to 6 months
- **ស្ថិតិអំពីការគេងទី៨: កិច្ចការពារព្រួយបារម្ភអំពីការគេង: ពេលវេលាគេង ៦-១២ខែ** - Preventing sleep concerns (8) – babies 6 to 12 months

- **ਸ਼ੁੱਕਰੀ ਸ਼ਿਖਰ 9** - **ਕਿਸੇ ਵੀ ਉਮਰ ਵਿੱਚ ਸੌਣ ਦੀਆਂ ਸਮੱਸਿਆਵਾਂ** - Preventing sleep concerns (9) – toddlers 1 to 3 years
- **ਸ਼ੁੱਕਰੀ ਸ਼ਿਖਰ 10** - **ਕਿਸੇ ਵੀ ਉਮਰ ਵਿੱਚ ਸੌਣ ਦੀਆਂ ਸਮੱਸਿਆਵਾਂ** - Preventing sleep concerns (10) – preschoolers 3 to 5 years
- **ਸ਼ੁੱਕਰੀ ਸ਼ਿਖਰ 11** - **ਸੌਣ ਦੀਆਂ ਸਮੱਸਿਆਵਾਂ ਦਾ ਹੱਲ** - Solutions to sleep concerns (11) – babies 6 to 12 months
- **ਸ਼ੁੱਕਰੀ ਸ਼ਿਖਰ 12** - **ਸੌਣ ਦੀਆਂ ਸਮੱਸਿਆਵਾਂ ਦਾ ਹੱਲ** - Solutions to sleep concerns (12) – toddlers 1 to 3 years
- **ਸ਼ੁੱਕਰੀ ਸ਼ਿਖਰ 13** - **ਸੌਣ ਦੀਆਂ ਸਮੱਸਿਆਵਾਂ ਦਾ ਹੱਲ** - Solutions to sleep concerns (13) – preschoolers 3 to 5 years
- **ਸ਼ੁੱਕਰੀ ਸ਼ਿਖਰ 14** - **ਪੇਸ਼ਕਾਰੀ ਅਤੇ ਸਹਾਇਤਾ** - Solutions to sleep concerns (14) – self-care and support for parents and caregivers of young children

Persian (فارسی)

- **ਸ਼ੁੱਕਰੀ ਸ਼ਿਖਰ 1** - **ਨਵਜਨਮ ਤੋਂ 3 ਮਹੀਨਿਆਂ ਤੱਕ** - Typical sleep behaviour (1) – newborns 0 to 3 months
- **ਸ਼ੁੱਕਰੀ ਸ਼ਿਖਰ 2** - **3-6 ਮਹੀਨਿਆਂ** - Typical sleep behaviour (2) – babies 3 to 6 months
- **ਸ਼ੁੱਕਰੀ ਸ਼ਿਖਰ 3** - **6-12 ਮਹੀਨਿਆਂ** - Typical sleep behaviour (3) – babies 6 to 12 months
- **ਸ਼ੁੱਕਰੀ ਸ਼ਿਖਰ 4** - **1-2 ਸਾਲ** - Typical sleep behaviour (4) – toddlers 1 to 2 years
- **ਸ਼ੁੱਕਰੀ ਸ਼ਿਖਰ 5** - **2-3 ਸਾਲ** - Typical sleep behaviour (5) – toddlers 2 to 3 years
- **ਸ਼ੁੱਕਰੀ ਸ਼ਿਖਰ 6** - **3-5 ਸਾਲ** - Typical sleep behaviour (6) – preschoolers 3 to 5 years
- **ਸ਼ੁੱਕਰੀ ਸ਼ਿਖਰ 7** - **0-6 ਮਹੀਨਿਆਂ** - Preventing sleep concerns (7) – babies 0 to 6 months
- **ਸ਼ੁੱਕਰੀ ਸ਼ਿਖਰ 8** - **6-12 ਮਹੀਨਿਆਂ** - Preventing sleep concerns (8) – babies 6 to 12 months
- **ਸ਼ੁੱਕਰੀ ਸ਼ਿਖਰ 9** - **1-3 ਸਾਲ** - Preventing sleep concerns (9) – toddlers 1 to 3 years
- **ਸ਼ੁੱਕਰੀ ਸ਼ਿਖਰ 10** - **3-5 ਸਾਲ** - Preventing sleep concerns (10) – preschoolers 3 to 5 years
- **ਸ਼ੁੱਕਰੀ ਸ਼ਿਖਰ 11** - **6-12 ਮਹੀਨਿਆਂ** - Solutions to sleep concerns (11) – babies 6 to 12 months
- **ਸ਼ੁੱਕਰੀ ਸ਼ਿਖਰ 12** - **1-3 ਸਾਲ** - Solutions to sleep concerns (12) – toddlers 1 to 3 years
- **ਸ਼ੁੱਕਰੀ ਸ਼ਿਖਰ 13** - **3-5 ਸਾਲ** - Solutions to sleep concerns (13) – preschoolers 3 to 5 years
- **ਸ਼ੁੱਕਰੀ ਸ਼ਿਖਰ 14** - **ਪੇਸ਼ਕਾਰੀ ਅਤੇ ਸਹਾਇਤਾ** - Solutions to sleep concerns (14) – self-care and support for parents and caregivers of young children

Punjabi (ਪੰਜਾਬੀ)

- **ਸ਼ੁੱਕਰੀ ਸ਼ਿਖਰ 1** - **ਨਵਜਨਮ ਤੋਂ 3 ਮਹੀਨਿਆਂ ਤੱਕ** - Typical sleep behaviour (1) – newborns 0 to 3 months
- **ਸ਼ੁੱਕਰੀ ਸ਼ਿਖਰ 2** - **3-6 ਮਹੀਨਿਆਂ** - Typical sleep behaviour (2) – babies 3 to 6 months
- **ਸ਼ੁੱਕਰੀ ਸ਼ਿਖਰ 3** - **6-12 ਮਹੀਨਿਆਂ** - Typical sleep behaviour (3) – babies 6 to 12 months
- **ਸ਼ੁੱਕਰੀ ਸ਼ਿਖਰ 4** - **1-2 ਸਾਲ** - Typical sleep behaviour (4) – toddlers 1 to 2 years
- **ਸ਼ੁੱਕਰੀ ਸ਼ਿਖਰ 5** - **2-3 ਸਾਲ** - Typical sleep behaviour (5) – toddlers 2 to 3 years
- **ਸ਼ੁੱਕਰੀ ਸ਼ਿਖਰ 6** - **3-5 ਸਾਲ** - Typical sleep behaviour (6) – preschoolers 3 to 5 years
- **ਸ਼ੁੱਕਰੀ ਸ਼ਿਖਰ 7** - **0-6 ਮਹੀਨਿਆਂ** - Preventing sleep concerns (7) – babies 0 to 6 months
- **ਸ਼ੁੱਕਰੀ ਸ਼ਿਖਰ 8** - **6-12 ਮਹੀਨਿਆਂ** - Preventing sleep concerns (8) – babies 6 to 12 months
- **ਸ਼ੁੱਕਰੀ ਸ਼ਿਖਰ 9** - **1-3 ਸਾਲ** - Preventing sleep concerns (9) – toddlers 1 to 3 years
- **ਸ਼ੁੱਕਰੀ ਸ਼ਿਖਰ 10** - **3-5 ਸਾਲ** - Preventing sleep concerns (10) – preschoolers 3 to 5 years

- **ਤੱਬਸ਼ੀਟ 11: ਨੀਂਦ ਦੀਆਂ ਚਿੰਤਾਵਾਂ ਦੇ ਹੱਲ: ਬੱਚੇ 6-12 ਮਹੀਨੇ** - Solutions to sleep concerns (11) – babies 6 to 12 months
- **ਤੱਬਸ਼ੀਟ 12: ਨੀਂਦ ਦੀਆਂ ਚਿੰਤਾਵਾਂ ਦੇ ਹੱਲ: ਛੋਟੇ ਬੱਚੇ 1-3 ਸਾਲ** - Solutions to sleep concerns (12) – toddlers 1 to 3 years
- **ਤੱਬਸ਼ੀਟ 13: ਨੀਂਦ ਦੀਆਂ ਚਿੰਤਾਵਾਂ ਦੇ ਹੱਲ: ਸਕੂਲ ਸ਼ੁਰੂ ਕਰਨ ਵਾਲੇ ਬੱਚੇ 3-5 ਸਾਲ** - Solutions to sleep concerns (13) – preschoolers 3 to 5 years
- **ਤੱਬਸ਼ੀਟ 14: ਮੁੱਢਲੇ ਬਚਪਨ ਵਾਸਤੇ ਨੀਂਦ ਅਤੇ ਵਰਚਾਉਣਾ - ਮਾਪਿਆਂ ਅਤੇ ਸੰਭਾਲ ਕਰਨ ਵਾਲਿਆਂ ਦੀ ਆਪਣੇ ਆਪ ਦੀ ਸੰਭਾਲ ਅਤੇ ਸਹਿਯੋਗ** - Solutions to sleep concerns (14) – self-care and support for parents and caregivers of young children

Simplified Chinese (简化字)

- **信息说明书1: 典型睡眠行为: 0-3个月新生儿** - Typical sleep behaviour (1) – newborns 0 to 3 months
- **信息说明书2: 典型睡眠行为: 3-6个月婴儿** - Typical sleep behaviour (2) – babies 3 to 6 months
- **信息说明书3: 典型睡眠行为: 6-12个月婴儿** - Typical sleep behaviour (3) – babies 6 to 12 months
- **信息说明书4: 典型睡眠行为: 1-2岁学步幼儿** - Typical sleep behaviour (4) – toddlers 1 to 2 years
- **信息说明书5: 典型睡眠行为: 2-3岁学步幼儿** - Typical sleep behaviour (5) – toddlers 2 to 3 years
- **信息说明书6: 典型睡眠行为: 3-5岁学龄前儿童** - Typical sleep behaviour (6) – preschoolers 3 to 5 years
- **信息说明书7: 预防睡眠问题: 0-6个月婴儿** - Preventing sleep concerns (7) – babies 0 to 6 months
- **信息说明书8: 预防睡眠问题: 6-12个月婴儿** - Preventing sleep concerns (8) – babies 6 to 12 months
- **信息说明书9: 预防睡眠问题: 1-3岁学步幼儿** - Preventing sleep concerns (9) – toddlers 1 to 3 years
- **信息说明书10: 预防睡眠问题: 3-5岁学龄前儿童** - Preventing sleep concerns (10) – preschoolers 3 to 5 years
- **信息说明书11: 睡眠问题的解决方法: 6-12个月婴儿** - Solutions to sleep concerns (11) – babies 6 to 12 months
- **信息说明书12: 睡眠问题的解决方法: 1-3岁学步幼儿** - Solutions to sleep concerns (12) – toddlers 1 to 3 years
- **信息说明书13: 睡眠问题的解决方法: 3-5岁学龄前儿童** - Solutions to sleep concerns (13) – preschoolers 3 to 5 years
- **信息说明书14: 幼儿期睡眠和安定 - 父母和照顾者的自我照顾和支持** - Solutions to sleep concerns (14) – self-care and support for parents and caregivers of young children

Simplified English

- **Typical sleep behaviour (1) – newborns 0 to 3 months**
- **Typical sleep behaviour (2) – babies 3 to 6 months**
- **Typical sleep behaviour (3) – babies 6 to 12 months**
- **Typical sleep behaviour (4) – toddlers 1 to 2 years**
- **Typical sleep behaviour (5) – toddlers 2 to 3 years**
- **Typical sleep behaviour (6) – preschoolers 3 to 5 years**
- **Preventing sleep concerns (7) – babies 0 to 6 months**
- **Preventing sleep concerns (8) – babies 6 to 12 months**
- **Preventing sleep concerns (9) – toddlers 1 to 3 years**
- **Preventing sleep concerns (10) – preschoolers 3 to 5 years**
- **Solutions to sleep concerns (11) – babies 6 to 12 months**
- **Solutions to sleep concerns (12) – toddlers 1 to 3 years**
- **Solutions to sleep concerns (13) – preschoolers 3 to 5 years**
- **Solutions to sleep concerns (14) – self-care and support for parents and caregivers of young children**

Spanish (Español)

- **Hoja informativa 1: Conducta habitual del sueño en bebés de 0 a 3 meses** - Typical sleep behaviour (1) – newborns 0 to 3 months

- **Hoja informativa 2: Conducta habitual del sueño en bebés de 3 a 6 meses** - Typical sleep behaviour (2) – babies 3 to 6 months
- **Hoja informativa 3: Conducta habitual del sueño en bebés de 6 a 12 meses** - Typical sleep behaviour (3) – babies 6 to 12 months
- **Hoja informativa 4: Conducta habitual del sueño en niños de 1 a 2 años** - Typical sleep behaviour (4) – toddlers 1 to 2 years
- **Hoja informativa 5: Conducta habitual del sueño en niños de 2 a 3 años** - Typical sleep behaviour (5) – toddlers 2 to 3 years
- **Hoja informativa 6: Conducta habitual del sueño en niños de 3 a 5 años en edad preescolar** - Typical sleep behaviour (6) – preschoolers 3 to 5 years
- **Hoja informativa 7: Prevención de los problemas de sueño en bebés de 0 a 6 meses** - Preventing sleep concerns (7) – babies 0 to 6 month
- **Hoja informativa 8: Prevención de los problemas de sueño en bebés de 6 a 12 meses** - Preventing sleep concerns (8) – babies 6 to 12 months
- **Hoja informativa 9: Prevención de los problemas de sueño en niños de 1 a 3 años** - Preventing sleep concerns (9) – toddlers 1 to 3 years
- **Hoja informativa 10: Prevención de los problemas de sueño en niños de 3 a 5 años** - Preventing sleep concerns (10) – preschoolers 3 to 5 years
- **Hoja informativa 11: Soluciones a los problemas de sueño en bebés de 6 a 12 meses** - Solutions to sleep concerns (11) – babies 6 to 12 months
- **Hoja informativa 12: Soluciones a los problemas del sueño en niños pequeños de 1 a 3 años** - Solutions to sleep concerns (12) – toddlers 1 to 3 years
- **Hoja informativa 13: Soluciones a los problemas de sueño en niños en edad preescolar de 3 a 5 años** - Solutions to sleep concerns (13) – preschoolers 3 to 5 years
- **Hoja informativa 14: Dormir y calmar al bebé durante la primera infancia - Autocuidado y apoyo para padres y cuidadores** - Solutions to sleep concerns (14) – self-care and support for parents and caregivers of young children

Vietnamese (Tiếng Việt)

- **Tờ thông tin 1: Hành vi ngủ đặc trưng - trẻ sơ sinh từ 0 đến 3 tháng tuổi** - Typical sleep behaviour (1) – newborns 0 to 3 months
- **Tờ thông tin 2: Hành vi ngủ đặc trưng - trẻ nhỏ từ 3 đến 6 tháng tuổi** - Typical sleep behaviour (2) – babies 3 to 6 months
- **Tờ thông tin 3: Hành vi ngủ đặc trưng - trẻ nhỏ từ 6 đến 12 tháng tuổi** - Typical sleep behaviour (3) – babies 6 to 12 months
- **Tờ thông tin 4: Hành vi ngủ đặc trưng - trẻ chập chững từ 1 đến 2 tuổi** - Typical sleep behaviour (4) – toddlers 1 to 2 years
- **Tờ thông tin 5: Hành vi ngủ đặc trưng - trẻ chập chững từ 2 đến 3 tuổi** - Typical sleep behaviour (5) – toddlers 2 to 3 years
- **Tờ thông tin 6: Hành vi ngủ đặc trưng - trẻ mẫu giáo từ 3 đến 5 tuổi** - Typical sleep behaviour (6) – preschoolers 3 to 5 years
- **Tờ thông tin 7: Ngăn chặn các lo lắng về giấc ngủ: trẻ sơ sinh từ 0 đến 6 tháng tuổi** - Preventing sleep concerns (7) – babies 0 to 6 months
- **Tờ thông tin 7: Ngăn chặn các lo lắng về giấc ngủ: trẻ sơ sinh từ 6 đến 12 tháng tuổi** - Preventing sleep concerns (8) – babies 6 to 12 months
- **Tờ thông tin 9: Ngăn chặn những lo lắng về giấc ngủ: trẻ chập chững từ 1 đến 3 tuổi** - Preventing sleep concerns (9) – toddlers 1 to 3 years
- **Tờ thông tin 10: Ngăn chặn những lo lắng về giấc ngủ: trẻ mầm non từ 3 đến 5 tuổi** - Preventing sleep concerns (10) – preschoolers 3 to 5 years
- **Tờ thông tin 11: Những giải pháp cho các lo lắng về giấc ngủ: trẻ sơ sinh từ 6 đến 12 tháng tuổi** - Solutions to sleep concerns (11) – babies 6 to 12 months

- **Tờ thông tin 12: Những giải pháp cho các lo lắng về giấc ngủ: trẻ chập chững từ 1 đến 3 tuổi** - Solutions to sleep concerns (12) – toddlers 1 to 3 years
- **Tờ thông tin 13: Những giải pháp cho các lo lắng về giấc ngủ: trẻ mầm non từ 3 đến 5 tuổi** - Solutions to sleep concerns (13) – preschoolers 3 to 5 years
- **Tờ Thông tin 14: Giấc ngủ và ổn định trong thời thơ ấu - Tự chăm sóc bản thân cho cha mẹ và người chăm sóc** - Solutions to sleep concerns (14) – self-care and support for parents and caregivers of young children

Where to get help

- **Your local maternal and child health service**
- **Your GP (doctor)**
- **Maternal and Child Health Line** Tel: **13 22 29** – available 24 hours a day for the cost of a local call throughout Victoria
- **Aboriginal Health Service (VAHS)** Tel. **03 9419 3000**
- **Parentline** Tel. **13 22 89**
- **Translating and Interpreting Service (TIS National)** Tel. **131 450** – available (24 hours, 7 days a week) for callers who speak other languages
- **National Relay Service** (24 hours a day, every day) – Speak and listen Tel: **1300 555 727**, TTY Tel: **133 677**, SMS relay Tel: **0423 677 767**. **Captioned, internet and video relay calls are also available through this service.**
- **NURSE-ON-CALL** Tel. **1300 60 60 24** – for expert health advice 24 hours a day, 7 days a week
- **Kidsafe Victoria** Tel. **(03) 9036 2306**
- **Red Nose** (formerly SIDS and Kids) Tel. **1300 998 698** – for safe sleeping information, education, and all other enquiries

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