

# Good sleep routines

Preschoolers 3 - 5 years



Easy English

## Hard words



This book has some hard words.

- 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



Health  
and Human  
Services

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



This book tells you about good **sleep routines**  
for preschoolers aged **3 - 5** years.

Sleep routines mean things you do to help  
your toddler sleep each day.

## Get to know your child

It is important your child knows you are there to care for them.



Make sure you

- listen to what your child has to say



- notice **tired signs**.

Tired signs are the things your child does when they are tired.

Your child might be tired if they had a big day.



Tired signs help you know when to put your child to bed.



When your child is tired they might

- get grumpy



- want more attention



- make noises or cry



- rub their eyes

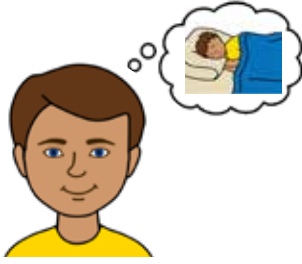


- get bored with toys

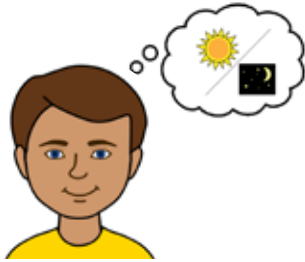


- be fussy with food.

## Sleep routines



Sleep routines help your child know when it is sleep time.



You can do things to help your child know when it is day and night.

## Day time routines

Play with your child in the day.

For example



- draw



- dance



- play with a ball
- go to the park.

## Night time sleep routines

Do things to help your child relax at night.

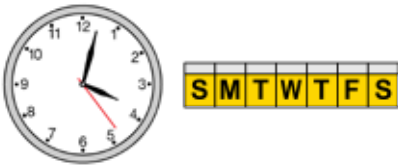
For example



- give a bath



- read or tell a bed time story.



Make sure sleep routines

- are the same every time



- are short, for example 30 - 45 minutes.



Some routines might be hard to keep up for a long time.



Your child might fall asleep in your bed every night when you do **not** want them to.



To help your child sleep on their own

- put them in their own bed when you think they are tired



- let them fall asleep on their own.



## Sleep environment

Keep the **sleep environment** the same.



The sleep environment is the place your toddler sleeps.



You can

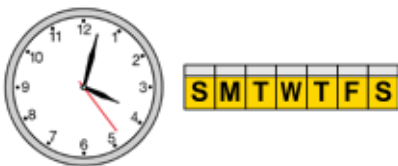
- make it dark and quiet



- turn off screens such as a TV or tablet  
30 minutes before sleep time

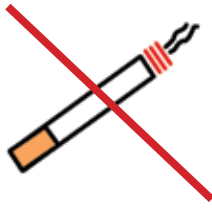


- use the same toys or blankets



- make sleep and wake times the same time every day.

## Safe sleep



To help your child sleep safe make sure

- you do **not** smoke around your child



- nothing covers their face or head



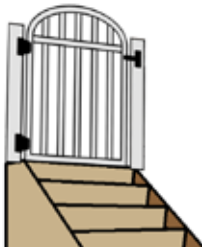
- they have a safe bed



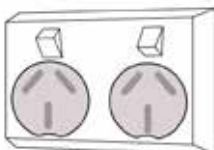
- the room is safe, for example there are **no** cords close by.

When you move your child to a bed make sure the bedroom is safe.

For example



- block off stairs



- cover up cords and power points.



## 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)

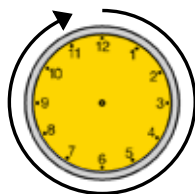


If you are worried about your child

- 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.



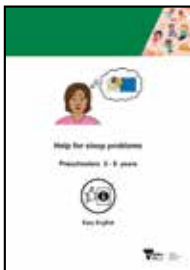
You can also see your doctor for more help.

## More Easy English

There are more Easy English books on our website about



- sleep for preschoolers



- help for sleep problems.



For information about safe sleep go to the Red Nose website

[rednose.org.au/resources/education](http://rednose.org.au/resources/education)



For information about getting to know your child go to the Raising Children website

[raisingchildren.net.au/toddlers/  
connecting-communicating/connecting/  
parent-child-relationships](http://raisingchildren.net.au/toddlers/connecting-communicating/connecting-parent-child-relationships)

**National  
Relay  
Service**

**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)



To receive this publication in an accessible format email Maternal and Child Health and Parenting:  
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