

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

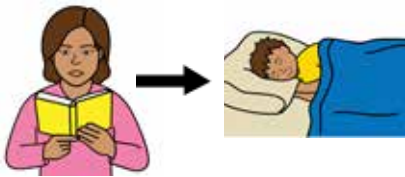


To help your child sleep make sure you

- 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

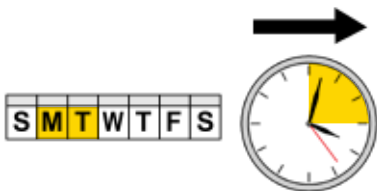
Bed time fading can help your child sleep.

Follow these steps for bed time fading.

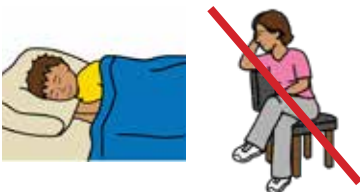


1. Write down the time when your child falls asleep for 7 nights in a row.

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

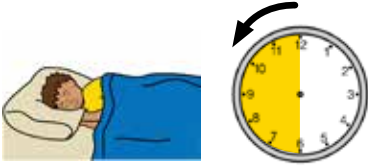


3. Make bed time 15 mins later every 2 days.



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.

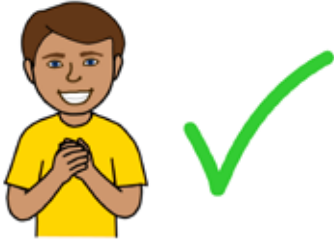


You can use bed time fading to make bed time earlier too.

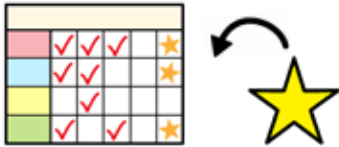


Talk to your Maternal and Child Health Nurse before you try bed time fading.

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

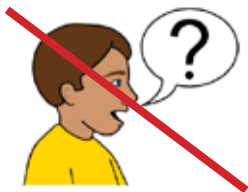


A free pass means you let your child get **1** thing they want at bedtime. For example, read a book or give a kiss.

Tell your child after they use the free pass they must



- sleep



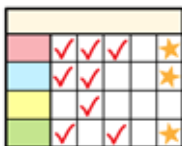
- **not** ask for anything else.

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.

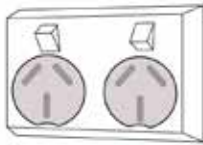
Safe sleep

You must make sure the bedroom is safe.

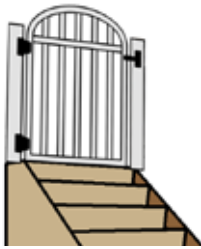
For example



- 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)

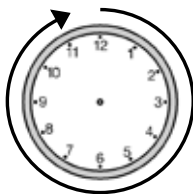


If you are worried about your toddler

- 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



To receive this publication in an accessible format email Maternal and Child Health and Parenting:
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Authorised and published by the Victorian Government, 1 Treasury Place, Melbourne.

© State of Victoria, Australia, Department of Health and Human Services, July 2020.

ISBN 978-1-76069-222-3

Available at <https://www.betterhealth.vic.gov.au/healthyliving/Child-health-0-6> (pdf/online).

Certain text, images and information incorporated in this publication were created by Scope (Aust) Ltd at www.scopeaust.org.au and Tobii Dynavox.

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