

Good sleep routines

Toddlers 1 - 3 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 good **sleep routines**
for toddlers aged **1 - 3** years

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

Get to know your toddler

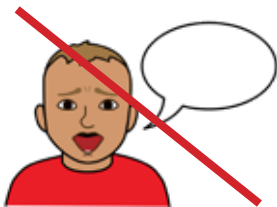
Bonding is important to help your toddler sleep.

Bonding means you

- get to know your toddler



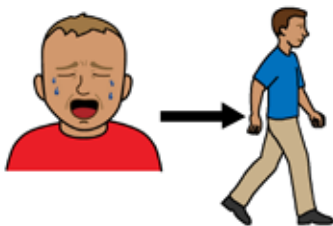
- help your toddler feel safe.



Bonding can be hard when your toddler is upset.

For example, when your toddler

- can **not** find the way to tell you something



- has **separation anxiety**.

Separation anxiety means your toddler gets upset when you leave.

Tired signs



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



When your toddler is tired, they might

- get grumpy

- want more attention



- make noises or cry



- rub their eyes



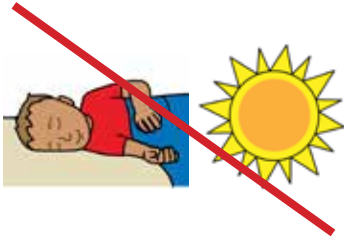
- get bored with toys



- be fussy with food.



Tired signs help you know when to put your toddler in bed to sleep.

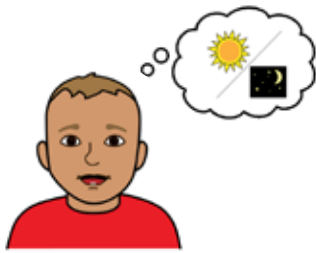


Toddlers might get tired if they miss a nap in the day.

Sleep routines



Sleep routines help your toddler learn when it is sleep time.



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

Day time routines

Play with your toddler 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.



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

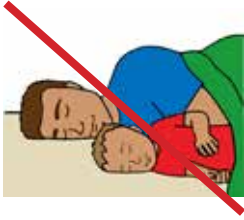


Make sure sleep routines

- are the same every time



- are short, for example 30 - 45 minutes.



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



To help your toddler sleep on their own

- put them in 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

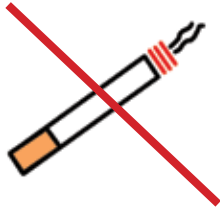


- use the same toys or blankets



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

Safe sleep

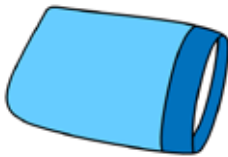


To help your toddler sleep safe make sure

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



- nothing covers their face or head



- your toddler is 2 years old before they use a pillow



- the cot is safe. For example, there are **no** cords close by.



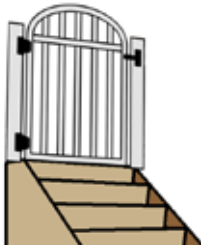
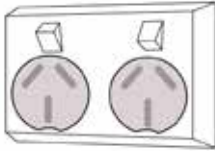
Move your toddler to a bed if they try to get out of the cot.



If you move your toddler to a bed, make sure the bedroom is safe.

To make the bedroom safe

- cover up cords and power points



- block off stairs



Your toddler might move to a bed when they are 1 - 3 years old.



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)



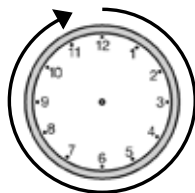
If you are worried about your toddler

- 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 toddlers



- help for sleep problems.



For more information about safe sleep go to the Red Nose website

<https://rednose.org.au/resources/education>



For information about bonding go to the Raising Children website

<https://raisingchildren.net.au/toddlers/connecting-communicating/connecting/connecting-with-your-toddler>

**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



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