

A FEW TO HELP YOUR CHILD SLEEP WELL



1

Observation:

In hopes of helping improve the child's sleep, we must ask ourselves a series of questions. What is the child's current sleep routine? How long does it take them to fall a sleep? How long do they sleep? Are there underlying conditions?

2

Needs:

Does the child sleep with a blanket? Do they like music? Do they like to be snuggled? Do they like to be rocked back and forth? Do they like a night light or no lights?

3

Build A Routine:

Create a routine based on what you have observed the child's needs and what the child has stated they need if applicable. For example, bath time, then quiet time with a book in the parent's lap, lights off, and weighted blanket. Some recommended bedtimes include: 6 pm- 8pm (1-3 years old), 7 pm- 9pm (4-12 years old), and 8 pm- 10 pm (13-18 years old).

4

Reflection:

What is working in the sleep routine you created? What didn't work?

5

Refinement:

Maintain the things that work and replace the things that don't.

6

Repetition:

Now that you have established a routine, repeat it every day consistency. Return to step one if sleep is still a challenge.

7

Reach out to the child's primary provider for medical recommendations for sleep. Sweet Dreams!