

Helping Toddlers Get Quality Sleep

Getting quality physical stimulation

Getting Outside – It is SO important

- Whether it is a walk in the woods collecting sticks, a neighborhood stroll or scooter ride, digging a hole in the backyard, or chasing bubbles, our children NEED to get outside (preferably at least twice a day).
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After Dinner and Before the Bedtime Routine

This is a calm-down time. Ideally, there would be no outside time, screen time, wrestling, eating sweets etc. during the time after dinner and before bedtime. Reading books, telling a story, drawing, or taking a bath are all nice post dinner activities.

Bedroom Environment

A child will feel calm in their room if...

- It is tidy and windows shades are blocking as much outside light as possible. A white noise machine or gentle music playing can be a nice addition to the environment.
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Have They Been Getting to Bed Too Late? Are they napping during the day?

Bedtime Routine – Consistency, consistency, consistency....

A child's bedtime routine coupled with his/her parent's firmness about the rules, helps the child to feel secure and peaceful. If you can be consistent, your child will respond to it.

- Bedtime Routine Poster (hung on the wall of the child's bedroom at their level. Show them the routine and talk about each step.
- While establishing a solid bed time routine, it would be ideal to have the same parent doing the same stages of bedtime. (Both parents can be involved, but it would be helpful if each parent did the same part each night).
- Stay firm on the routine.
- Saying Goodnight.
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If Your Child Calls Or Is Crying After You Leave the Room

Option 1 – Go to your child and say, “I love you, it is time to go to sleep” Give a kiss and leave the room without engaging further. This may be repeated every few minutes.

Option 2 – If your child is already upset before you even leave the room, you can say, “If you stay quiet and in your bed, I will check on you in 5 minutes” Then you leave the room and return in 5 minutes to give them a kiss. This can be repeated until they fall asleep.