



HOW MUCH SLEEP?

MORE THAN YOU MAY REALIZE

Every Parent Wants Their Child to Sleep

Sleep is as important to a child's growth and development as healthy meals, physical activity, and loving caregivers. It is not uncommon for parents to think that a child who struggles to go to sleep is not tired. Often the exact opposite is true. When children are over-tired, they present as "wired" and bedtime may be challenging. Shift starting the bedtime routine to earlier to prevent your child from getting over-tired. Make sure that your child naps or has a quiet rest time EVERY DAY until they start Kindergarten.

Your family is not the only family with sleep and bedtime challenges, but you can make changes to set your child up for sleep success.

Changing habits regarding sleep is not easy but it is worth it.

AGE	TOTAL	NIGHT	NAPS
0 - 2 MO	16 - 18 HRS	8 - 9 HRS	3 - 5 NAPS
2 - 4 MO	14 - 16 HRS	9 - 10 HRS	3 NAPS
4 - 6 MO	14 - 15 HRS	10 HRS	2- 3 NAPS
6 - 9 MO	14 HRS	10 - 11 HRS	2 NAPS
9 - 12 MO	14 HRS	10 - 12 HRS	2 NAPS
12 - 18 MO	13 - 14 HRS	11 - 12 HRS	1 - 2 NAPS
18 - 24 MO	13 - 14 HRS	11 HRS	1 NAP
2 - 3 YRS	12 - 14 HRS	10 - 11 HRS	1 NAP
3 - 5 YRS	11 - 13 HRS	10 - 11 HRS	1 NAP
5 - 12 YRS	10 - 11 HRS	10 - 11 HRS	N/A



Supporting, promoting, and strengthening the profession of family childcare thereby enriching the lives of providers, children, families, and communities.

Missing sleep leads to misbehavior

Making sleep a priority is part of a healthy lifestyle

Limit screen time, especially before bed

Well rested children are better able to learn and remember

Always lay your infant down in a safe sleep environment

RESOURCES:

HEALTHYCHILDREN.ORG
MARCHOFDIMES.ORG
ZEROTOTHREE.ORG
COMMONSENSEMEDIA.ORG
PUBLICGOODPROJECTS.ORG
SLEEPFOUNDATION.ORG
SIDS.ORG