



# How preschoolers sleep

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



Health  
and Human  
Services

This book is written by the  
Department of Health and Human Services.

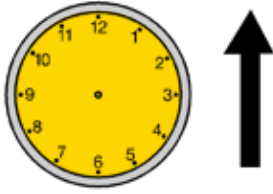


This book tells you about sleep  
for **preschoolers**.

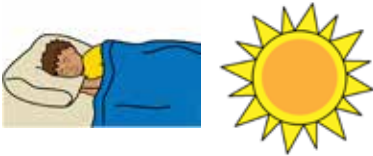


A preschooler is a child aged **3 - 5** years.

## How much sleep is normal?



Your child will sleep 10 - 13 hours per day.



Your child might **not** always need a day time nap.



Your child might get scared at night.



Your child might

- wake up more



- call out to you



- ask to sleep in your bed.

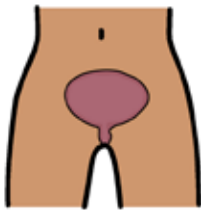


It is up to you to say if your child can sleep in your bed safely.

## Bed wetting



Bed wetting means your child does **not** wake up when they need to go to the toilet.



A child might wet the bed because they have a full bladder.



Bed wetting is normal and will go away by itself.



## 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)

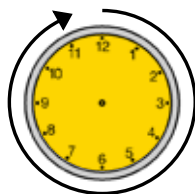


If you are worried about your child

- 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.

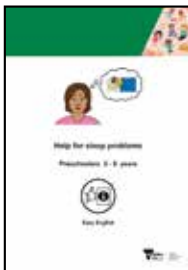


You can also see your doctor for more help.

## More Easy English

There are more Easy English books on our website about

- good sleep routines
- help for sleep problems.



### 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 [https://  
www.accesshub.gov.au/about-the-nrs](https://www.accesshub.gov.au/about-the-nrs)



To receive this publication in an accessible format email Maternal and Child Health and Parenting:  
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