**Help for sleep problems**



**Toddlers 1 - 3 years**



**Easy English**

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|  | **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**

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|  | You can get someone to help you* read this book
* know what this book is about
* find more information.
 |
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Page 2

**About this book**

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|  | This book is written by the Department of Health. |

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|  | This book tells you about help for**sleep problems** in toddlers aged **1 - 3** years. |

Page 3

**Severe night waking**

Severe night waking means your toddler



* wakes up more than 3 times per night
* stays awake for more than 20 minutes



* takes more than 30 minutes to settle



* needs to sleep in bed with you.



Page 4

**Help with sleep problems**

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|  | To help your toddler sleep make sure you* notice the things they do when they are tired
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|  | * put your toddler in bed when you think they are tired
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|  | * do things in the same order every day before sleep time
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|  | * keep the setting for sleep time the same. For example, make it dark and quiet.
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Page 5

**Parental presence**

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|  | **Parental presence** means you pretend to sleep in the same room as your toddler to make them feel safe. |

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|  | Make sure your toddler can see you when you pretend to sleep. For example, lie next to the cot or toddler bed with a night light.Every time your toddler wakes up, make some noise so they know you are there.If your toddler does **not** go back to sleep* do **not** pick up your toddler
 |
|  | * try a gentle shush or pats
* after 2 minutes go back to your bed and pretend to sleep.
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Page 6

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|  | You can use parental presence for day time naps too. |

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|  | It might take 7 - 10 days for parental presence to work. |

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|  | You can go back to your own room when your toddler sleeps well for 3 days in a row. |

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|  | **Camping out**Camping out means you* stay in the room until your toddler sleeps
* leave your toddler to sleep on their own
* do **not** sleep in the room.
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Page 7

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|  | Use camping out in steps. For example1 Try gentle pats until your toddler sleeps.2 Sit in a chair next to the bed until your toddler sleeps. Do **not** touch your toddler. |

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|  | 3 Move your chair a bit more away from the bed each day. |
|  | 4 Move your chair outside the door.Each step might take 2 - 3 days to work.It might take 1 - 3 weeks for your toddler to go to sleep without you in the room. |

Page 8

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|  | **Responsive settling****Responsive settling** is a way to help your toddler go to sleep.You try to understand what your toddler needs.For example, if your toddler* is tired and needs to go to sleep
* needs comfort and support.
 |

Page 9

**The steps to responsive settling**

1. Calm your toddler before bedtime.

- For example, cuddle your toddler or sing to them.

1. Help your toddler get into their bed.
2. Give your toddler a sleep message like **good night** or **it’s time for sleep**.
3. Leave the room before your toddler goes to sleep.







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|  | 5. Stay outside the room to hear if your toddler settles. |

Page 10

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|  | 6. Comfort your toddler if they get upset and cry.- You might have to comfort your toddler many times before they settle. |

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|  | Comfort your toddler if* you think they have had enough
* they remain upset

You **must** leave your toddler in the bed and walk away if you feel angry. |

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|  | It takes time for your toddler to learn how to settle down and go to sleep. |

Page 11

Bed time fading

Bed time fading can help your toddler sleep.

Follow these steps for bed time fading.

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|  | 1. Write down the time when your toddler falls asleep for 7 nights in a row. |

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|  | 2. Find the latest time your toddler went tosleepin 7 nights and make it the new bed time. |

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|  | 3. Make bed time 15 minutes later every 2 days. |

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|  | 4. Stop fading when your toddler goes to sleep on their own and does not wake up a lot at night. |

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|  | Make sure your toddler is 2 - 3 years old before you use bed time fading.You can use bed time fading to make bed time earlier too. |

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|  | Talk to your Maternal and Child Health Nurse before you try bed time fading. |

Page 13

**Move your toddler to a bed**

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|  | You can move your toddler to a bed if they try to get out of the cot. |

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|  | To help your toddler move to a bed* give your toddler a blanket from the cot so they feel safe
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|  | * do things in the same order every day before sleep time
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|  | * make your toddler feel important.

For example– let them help set up the new bed– tell them how grown up they are. |

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|  | You must make sure the bedroom is safe. For example* cover up cords and powerpoints
* block off stairs.
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**Calling out**

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|  | Your toddler might* **not** like the new bed
* call out to you at night.
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|  | If your toddler calls out do **not** give them a lot of attention.* only ask your toddler to go back to bed **once**
* use their name when you speak to them. Page 15
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|  | There are things you can do to help withcalling out.For example* a child gate to keep your toddler in the room
* a safe night light if your toddler is scared of the dark.
 |

You can put your toddler back to bed if they



call out.

Do not

* talk
* look them in the eye
* tell them off.

You might put your toddler back to bed a lot of times before they learn to stay.

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|  | If your toddler gets out of bed again tell them you will* close the door because they did **not** stay in bed
 |

and

|  |  |
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|  | * open the door when they **do** stay in bed.
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|  | Stay near the door to check your toddler is ok.Talk to your Maternal and Child Health Nurse for help with calling out first. |

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|  | It can take 3 days to 3 weeks for a new way to work. |

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**More information**

For more information contact the Department of Health.

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|  | Website[https://www.betterhealth.vic.gov.au/ healthyliving/Child-health-0-6](https://www.betterhealth.vic.gov.au/)  |

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|  | 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. |
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**More Easy English**

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|  | There are more Easy English books on our website about* sleep for toddlers
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|  | * good sleep routines.
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|  | For information about safe sleep go to the Red Nose website[rednose.org.au/resources/education](http://rednose.org.au/resources/education)  |

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|  | For information about getting to know your child go to the Raising Children website [raisingchildren.net.au/toddlers/connecting-communicating/connecting/parent-child-relationships](http://raisingchildren.net.au/toddlers/connecting-communicating/connecting/parent-child-relationships)  |

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| --- | --- |
|  | **If you need help to speak or listen**You can use the National Relay Service orNRS if you need help to make a call. |

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|  | Call the NRS help desk1800 555 660Go to the NRS website[/www.accesshub.gov.au/about-the-nrs](https://www.accesshub.gov.au/about-the-nrs)  |

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**Notes**

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**Notes**

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**Notes**

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