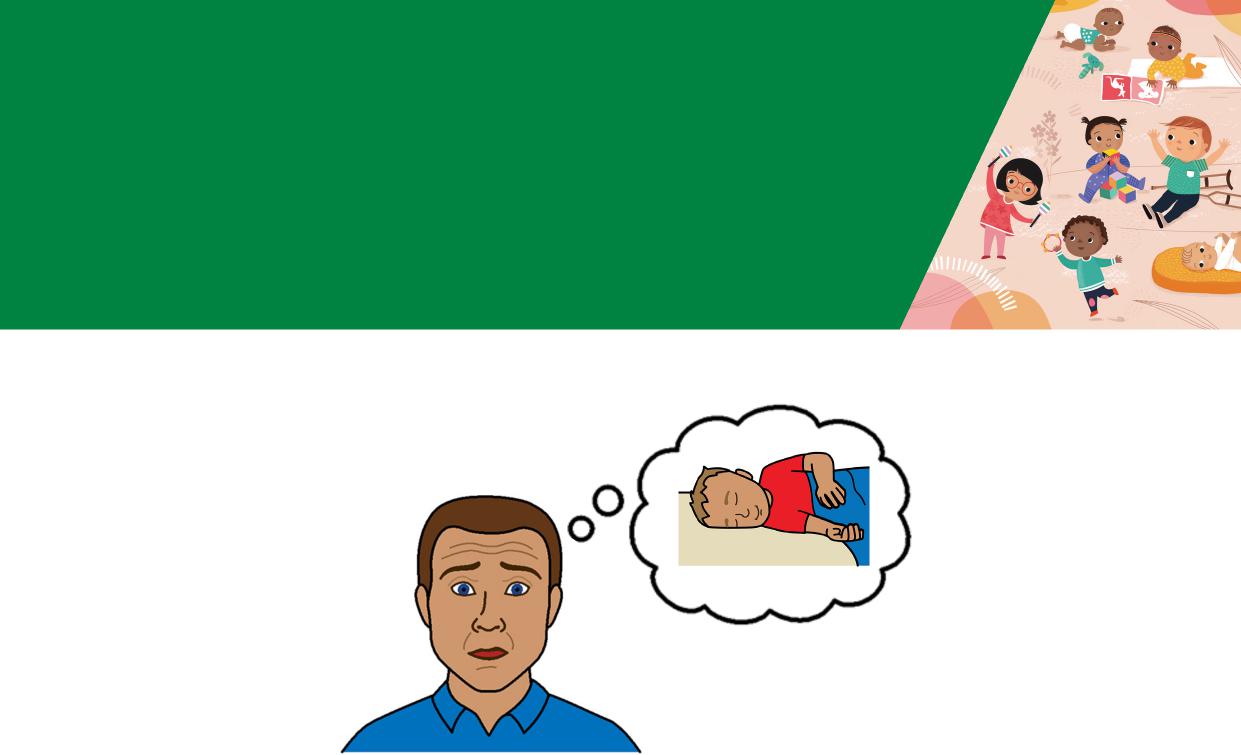
**Help for sleep problems**



**Toddlers 1 - 3 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. |
|  |

Page 2

**About this book**

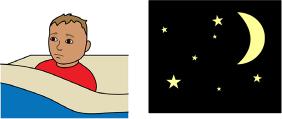
|  |  |
| --- | --- |
|  | This book is written by the  Department of Health. |

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

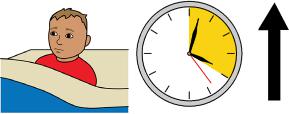
Page 3

**Severe night waking**

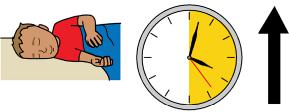
Severe night waking means your toddler



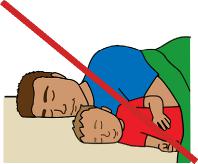
* wakes up more than 3 times per night
* stays awake for more than 20 minutes



* takes more than 30 minutes to settle



* needs to sleep in bed with you.



Page 4

**Help with sleep problems**

|  |  |
| --- | --- |
|  | To help your toddler sleep make sure you   * notice the things they do when they are tired |

|  |  |
| --- | --- |
|  | * put your toddler in bed when you think they are tired |

|  |  |
| --- | --- |
|  | * do things in the same order every day before sleep time |

|  |  |
| --- | --- |
|  | * keep the setting for sleep time the same.  For example, make it dark and quiet. |

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. |

Page 6

|  |  |
| --- | --- |
|  | 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. |

|  |  |
| --- | --- |
|  | 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. |

Page 7

|  |  |
| --- | --- |
|  | Use camping out in steps.  For example  1 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. |

|  |  |
| --- | --- |
|  | 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

|  |  |
| --- | --- |
|  | **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

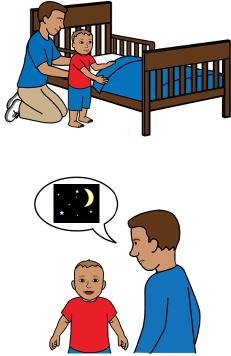
**The steps to responsive settling**

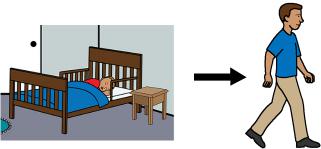
1. Calm your toddler before bedtime.

- 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.







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

Page 10

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

|  |  |
| --- | --- |
|  | 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. |

|  |  |
| --- | --- |
|  | 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.

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

|  |  |
| --- | --- |
|  | 2. Find the latest time your toddler went to  sleep  in 7 nights and make it the new bed time. |

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

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

Page 12

|  |  |
| --- | --- |
|  | 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. |

|  |  |
| --- | --- |
|  | To help your toddler move to a bed   * give your toddler a blanket from the cot so they feel safe |

|  |  |
| --- | --- |
|  | * do things in the same order every day before sleep time |

|  |  |
| --- | --- |
|  | * make your toddler feel important.   For example  – let them help set up the new bed  – tell them how grown up they are. |

Page 14

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

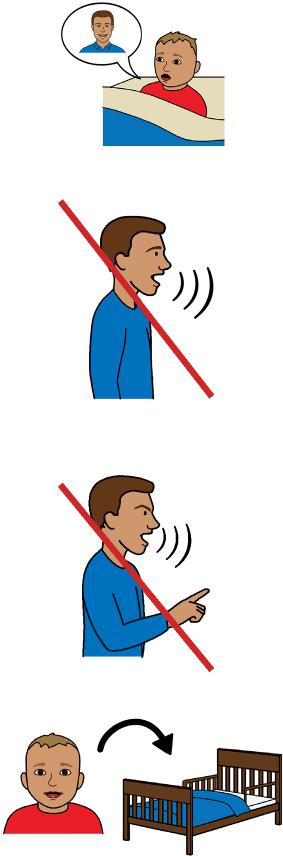
**Calling out**

|  |  |
| --- | --- |
|  | Your toddler might   * **not** like the new bed * call out to you at night. |

|  |  |
| --- | --- |
|  | 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 |

|  |  |
| --- | --- |
|  | There are things you can do to help with  calling 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.

Page 16

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

and

|  |  |
| --- | --- |
|  | * open the door when they **do** stay in bed. |

|  |  |
| --- | --- |
|  | Stay near the door to check your toddler is ok.  Talk to your Maternal and Child Health Nurse for help with calling out first. |

|  |  |
| --- | --- |
|  | 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.

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

|  |  |
| --- | --- |
|  | 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. |
|  |
| Page 18 |  |

**More Easy English**

|  |  |
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|  | There are more Easy English books on our website about   * sleep for toddlers |

|  |  |
| --- | --- |
|  | * 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) |

|  |  |
| --- | --- |
|  | 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) |

Page 19

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

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**Notes**

Page 21

**Notes**

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**Notes**

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Authorised and published by the Victorian Government, 1 Treasury Place, Melbourne.

© State of Victoria, Australia, Department of Health, May 2024.

**ISBN** 978-1-76069-222-3

Available at [https://www.betterhealth.vic.gov.au/ healthyliving/Child-health-0-6](https://www.betterhealth.vic.gov.au/%20healthyliving/Child-health-0-6) (pdf/online).

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