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**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**

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|  | This book is written by theDepartment of Health. |

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

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

**How much sleep is normal?**

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

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

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

|  |  |
| --- | --- |
|  | Bed wetting is normal and will go away by itself. |

For more information contact the

|  |  |
| --- | --- |
|  | **More information** |

Department of Health.

|  |  |
| --- | --- |
|  | 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 29The helpline is open 24 hours per day and 7 days per week.You can also see your doctor for more help. |

**More Easy English**

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| --- | --- |
|  | There are more Easy English books on our website about* good sleep routines
 |

|  |  |
| --- | --- |
|  | * help for sleep problems.
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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. |

|  |  |
| --- | --- |
|  | Call the NRS help desk1800 555 660 |

|  |  |
| --- | --- |
|  | [Go to the NRS website https://](https://www.accesshub.gov.au/about-the-nrs) [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: MCH@health.vic.gov.au.



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