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**Good sleep routines**

**Preschoolers 3 - 5 years**



**Easy English**

**Hard words**

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|  | This book has some hard words. |

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* 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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**About this book**

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

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|  | This book tells you about good **sleep routines** for preschoolers aged **3 - 5** years. |

Sleep routines mean things you do to help your toddler sleep each day.

**Get to know your child**

It is important your child knows you are there to care for them.

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|  | Make sure you* listen to what your child has to say
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|  | * notice **tired signs**.
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Tired signs are the things your child does when they are tired.

Your child might be tired if they had a big day.

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|  | Tired signs help you know when to put your child to bed. |

When your child is tired they might



* get grumpy
* want more attention
* make noises or cry
* rub their eyes



* get bored with toys



* be fussy with food.



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|  | **Sleep routines**Sleep routines help your child know when it is sleep time.You can do things to help your child know when it is day and night. |

**Day time routines**

Play with your child in the day. For example



* draw
* dance
* play with a ball
* go to the park.

**Night time sleep routines**

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|  | Do things to help your child relax at night. For example* give a bath
* read or tell a bed time story.
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|  | Make sure sleep routines* are the same every time
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|  | * are short, for example 30 - 45 minutes.
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|  | Some routines might be hard to keep up for a long time. |
|  | Your child might fall asleep in your bed every night when you do **not** want them to. |

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|  | To help your child sleep on their own* put them in their own bed when you think they are tired
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|  | * let them fall asleep on their own.
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|  | **Sleep environment**Keep the **sleep environment** the same.The sleep environment is the place your toddler sleeps. |



You can

* make it dark and quiet
* turn off screens such as a TV or tablet 30 minutes before sleep time



* use the same toys or blankets



* make sleep and wake times the same time every day.



**Safe sleep**

To help your child sleep safe make sure



* you do **not** smoke around your child
* nothing covers their face or head
* they have a safe bed
* the room is safe, for example there are **no** cords close by.

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|  | When you move your child to a bed make surethe bedroom is safe.For example* block off stairs
* cover up cords and power points.
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For more information contact the Department of Health and Human Services.

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|  | **More information** |

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

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| --- | --- |
|  | If you are worried about your child* contact your Maternal and Child Health Nurse
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* call the Maternal and Child Health Line.

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|  | 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* sleep for preschoolers
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|  | * help for sleep problems.
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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](https://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[communications.gov.au/accesshub/nrs](http://communications.gov.au/accesshub/nrs)  |

To receive this publication in an accessible format email Maternal and Child Health and Early Parenting: MCH@health.vic.gov.au.



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