



**Help for sleep problems**

**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.



Page 2

**About this book**

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

|  |  |
| --- | --- |
|  | This book tells you about help for  **sleep problems** in preschoolers **3 - 5** years. |

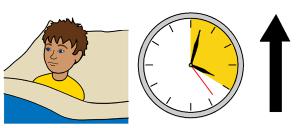
Page 3

**Severe night waking**

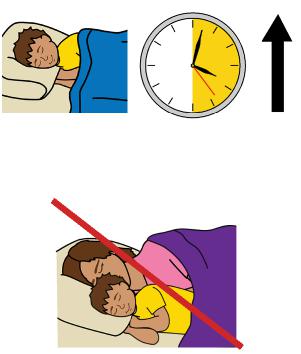
**Severe night waking** means your child



* 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 concerns**

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

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

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

|  |  |
| --- | --- |
|  | * keep the room dark and quiet every night before bed. |

Page 5

**Bed time fading**

**Bed time fading** can help your child sleep.

Follow these steps for bed time fading.

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

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

|  |  |
| --- | --- |
|  | 3. Make bed time 15 mins 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 6

Use bed time fading when your child is 2 - 3 years old.

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|  | You can use bed time fading to make bed time earlier too.  Talk to your Maternal and Child Health Nurse before you try bed time fading. |

Page 7

**Reward chart**

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|  | A **reward chart** means something good happens when your child does the right thing. |

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| --- | --- |
|  | You might put a sticker on a reward chart if your child does **not** call out to you at night. |

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| --- | --- |
|  | Do something fun with your child when they get 3 - 5 stickers. |

Something fun might be a movie night.

|  |  |
| --- | --- |
|  | If your child does **not** get a sticker do **not** make them feel bad.  Tell your child   * it is okay if they do **not** get a sticker |

* they can always try to do a better job

next time.

Page 8

**Free pass**

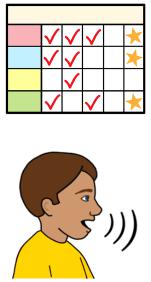
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| --- | --- |
|  | A free pass means you let your child get **1** thing they want at bedtime. For example, read a book or give a kiss. |

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|  | Tell your child after they use the free pass they must   * sleep * **not** ask for anything else. |

|  |  |
| --- | --- |
|  | Ignore your child if they   * call out to you |

* ask for something silly.

A reward chart or free pass only works if your child can



* talk
* understand you. Page 9

**Safe sleep**

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| --- | --- |
|  | You must make sure the bedroom is safe. For example   * get a bed that is low to the ground |

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|  | * cover up cords and power points * block off stairs * lock windows. |

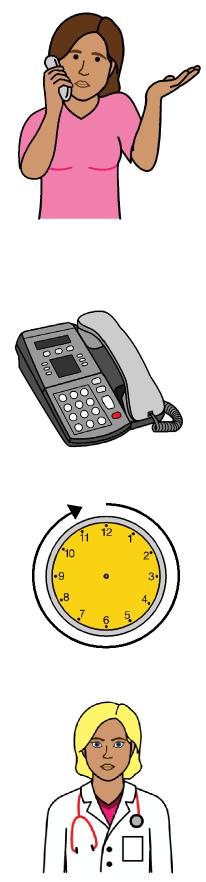
Page 10

|  |  |
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|  | **More information**  For more information contact the |

Department of Health and Human Services.

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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) |

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 11

**More Easy English**

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

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|  | **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 |

Page 12

**Notes**

Page 13

**Notes**

Page 14

**Notes**

Page 15

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



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