



**How toddlers sleep**

**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 theDepartment of Health.This book tells you about sleep for **toddlers**.A toddler is a child aged **1 - 3** years. |
|  |
|  |

Page 3

**How much sleep is normal?**

|  |  |
| --- | --- |
|  | Your toddler will* sleep 10 - 14 hours
 |

|  |  |
| --- | --- |
|  | * sleep most at night
* nap for 1 - 3 hours in the day.
 |

|  |  |
| --- | --- |
|  | Your toddler might start to* get scared at night
 |

|  |  |
| --- | --- |
|  | * want to stay up with you.
 |

You might need to give your toddler more care around sleep time.

Page 4

**Sleep regression**

**Sleep regression** can happen when your child is about 18 months old.

|  |  |
| --- | --- |
|  | Sleep regression means your toddler starts to have new sleep problems.Your toddler might wake up at night and **not** go back to sleep. |

|  |  |
| --- | --- |
|  | Sleep regression might happen because* your toddler is growing
* your toddler is sick
* things change in your toddler’s life. For example, you might travel.

Sleep regression is normal and will go awayby itself.Page 5 |

**Move your toddler to a bed**

|  |  |
| --- | --- |
|  | You can move your toddler to a bed when you notice they try to get out of the cot. |

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

|  |  |
| --- | --- |
|  | Your toddler might move to a bed when they are 1 - 3 years old. |

Page 6

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 toddler* 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.Page 7 |

**More Easy English**

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

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

|  |  |
| --- | --- |
|  | For more information about cot to bed transition go to <https://rednose.org.au/section/safe-sleeping>  |

Page 8

|  |  |
| --- | --- |
|  | **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://www.accesshub.gov.au/about-the-nrs>  |

Page 9

**Notes**

Page 10

**Notes**

Page 11

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