



**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.



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**About this book**

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

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**How much sleep is normal?**

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

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| --- | --- |
|  | * 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.

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**Sleep regression**

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

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

|  |  |
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|  | 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 away  by itself.  Page 5 |

**Move your toddler to a bed**

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

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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 29  The 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**

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

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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 |

|  |  |
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|  | Go to the NRS website  <https://www.accesshub.gov.au/about-the-nrs> |

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**Notes**

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**Notes**

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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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