

**Good sleep routines**

**Toddlers 1 - 3 years**



**Easy English**

**Hard words**

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

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|  | You can get someone to help you   * read this book * know what this book is about * find more information. |
|  |

Page 2

**About this book**

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

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|  | This book tells you about good **sleep routines** for toddlers aged **1 - 3** years |

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

Page 3

**Get to know your toddler**

**Bonding** is important to help your toddler sleep.

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|  | Bonding means you   * get to know your toddler * help your toddler feel safe. |

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|  | Bonding can be hard when your toddler is upset. For example, when your toddler   * can **not** find the way to tell you something |

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|  | * has **separation anxiety**. |

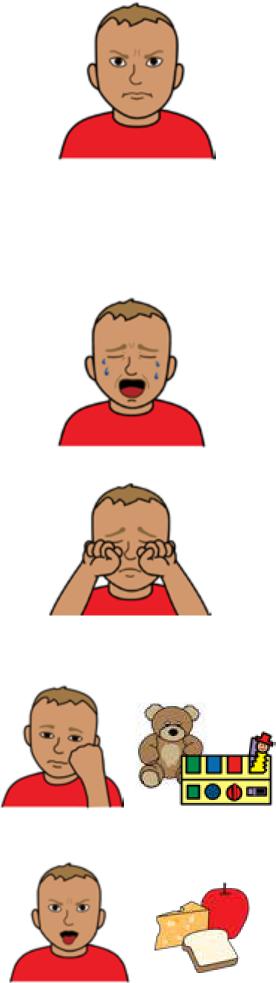
Separation anxiety means your toddler gets upset when you leave.

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**Tired signs**

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|  | Tired signs are the things your toddler does when they are tired. |

When your toddler 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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|  | Tired signs help you know when to put your toddler in bed to sleep. |
|  | Toddlers might get tired if they miss a nap in the day. |

Page 6

**Sleep routines**

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|  | Sleep routines help your toddler learn when it is sleep time. |

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|  | You can do things to help your toddler know when it is day and night. |

**Day time routines**

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|  | Play with your toddler in the day. For example   * draw * dance * play with a ball * go to the park. |  |
|  | Page 7 |

**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.   Some routines might be hard to keep up for a long time. |

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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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|  | Your child might fall asleep in your bed every night when you do **not** want them to. |

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|  | To help your toddler sleep on their own   * put them in 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. |

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|  | You can   * make it dark and quiet |

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|  | * use the same toys or blankets |

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

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**Safe sleep**

To help your toddler sleep safe make sure



* you do **not** smoke around your toddler
* nothing covers their face or head
* your toddler is 2 years old before they use a pillow

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|  | * the cot is safe. For example, there are **no** cords close by. |

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|  | Move your toddler to a bed if they try to get out of the cot. |

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|  | To make the bedroom safe   * cover up cords and power points * block off stairs |

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

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|  |  |
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|  | If you move your toddler to a bed, make sure the bedroom is safe. |

For more information contact the

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

Department of Health.

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| --- | --- |
|  | Website  <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.

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|  | 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 13 |

**More Easy English**

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|  | There are more Easy English books on our website about   * sleep for toddlers |

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|  | * help for sleep problems. |

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|  | For more information about safe sleep go to the Red Nose website [https://rednose.org.au/resources/ education](https://rednose.org.au/resources/%20education) |

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|  | For information about bonding go to the Raising Children website <https://raisingchildren.net.au/> |

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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. |

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|  | Call the NRS help desk  1800 555 660  Go to the NRS website  [communications.gov.au/accesshub/nrs](http://communications.gov.au/accesshub/nrs) |

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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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