

BABY BYTES

For families with infants and young children

Children's Sleep Patterns

Sleep is essential to a child's health and growth. Alertness, memory and performance are all affected by sleep. Children are less prone to behavioural problems and moodiness if they have developed good sleep habits. It's important to remember that each child's sleep habits will vary.



DID YOU KNOW???



How Much Sleep Should a Child Get?

<u>Age</u>	<u>Hours of Sleep</u>
0 - 2 months	16 - 18 hours
2 - 6 months	14 - 16 hours
6 - 12 months	14 hours
1 - 3 years	10 - 13 hours
3 - 5 years	10 - 12 hours
5 - 12 years	10 - 12 hours

Source: www.aboutkidshealth.ca, 2016

A BEDTIME ROUTINE IS THE KEY TO BETTER SLEEP HABITS

Having a nightly routine makes it easier for a child to relax, fall asleep and sleep through the night.

1. Eat a light snack
2. Take a bath
3. Brush teeth
4. Put on pajamas
5. Read a book
6. Quiet environment and comfortable room temperature are needed
7. Tuck your child into bed
8. Say "goodnight" then leave the room

5. Read your child a story

POINTERS FOR PARENTS

Consult your child's doctor if any of the following symptoms occur:

- Baby seems consistently fussy and extremely hard to soothe.
- Child has problems breathing or breathing is noisy.
- Child snores, especially very loud snoring.
- Unusual nighttime awakenings.
- Daytime sleepiness and/or behavioural problems may be related to difficulty falling asleep and/or maintaining sleep.

COMMON FACTS ABOUT CHILDREN AND SLEEP

1. Always place your baby on his/her back to sleep-nighttime and naptime. According to the "Back to Sleep" program, this reduces the risk of Sudden Infant Death Syndrome (SIDS). Babies should be put to sleep on a firm flat mattress, avoiding waterbeds, sofas and soft surfaces. Keep soft material such as bumper pads and pillows out of their crib.
2. Children do not need to be fully asleep before being put to bed. It is best to put children to bed when they are drowsy, but still awake. Given a predictable routine and parent support children learn to fall asleep on their own.
3. Daytime naps and nighttime sleep are both necessary. Children who take naps are normally less cranky and sleep better at night. Children typically discontinue naps somewhere between ages 2-5 years.

By the age of two, most children have spent more time asleep than awake and overall, a child will spend 40 percent of their childhood asleep. Sleep directly impacts mental and physical development; therefore especially important for children.

Source: www.aboutkidshealth.ca
Canadian Paediatric Society 2009

