

## Tips for Promoting Good Sleep Habits for Infants & Toddlers

- Regular Nighttime Routine (follow the same several steps each time such as bath with lavender cleanser, read nighttime book together, say prayers, sing song, etc.)
- Exit room after finishing nighttime routine (avoid “crib watch”)
- Regular Bedtime (especially once baby is about 4 months old)- try to keep bedtime on weekends and weekdays within 1 hour of each other
- Encourage your child to associate a blanket/teddy bear with sleep and make sure they have that “transition object” when you put them to bed (after 12 months of age)
- Dark Environment at Night (a small 15 Watt nightlight is fine); Exposure to bright light during the day (this helps the brain figure out the day and night cycle)
- Try White noise (such as fan or white noise machine) or soothing sounds CD but not having TV or radio on
- Avoid TV/Videos (especially no TV or video 1 hour before bedtime and avoiding fast-paced/intense screen time in general)
- Comfortable temperature in bedroom (not too hot or too cold)
- For Toddlers/older children, vigorous physical activity during the day can help them sleep better at night

