APPRENDRE À DORMIR

Why your baby isn't sleeping through the night yet … and how to teach them



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In this article, Evelyne presents the following sleep realities and discusses methods for acquiring sleep.

Three sleep realities

1- Sleep is a **pillar of health**, just like healthy eating and exercise.

2- **Sleep development** is unique to each child, just like walking.

3- **Falling asleep on their own** becomes possible with the support of parents, one step at a time. Learning to fall asleep on their own at the beginning of the night is an important key for children to be able to move from one **train** **to another independently**, without reporting their night awakenings to their parents.



Babies and young children have different sleep patterns. Not every one sleeps through the night at the same age, but social pressure is strong on parents to make sure that their children get enough sleep. (Shutterstock)

Having realistic parental expectations about sleep is crucial. As a parent it is important to keep three things in mind: that your child sleeps enough for their stage of development, that your child's sleep develops at their own pace, which can fluctuate, and that the parent must provide favourable and safe conditions to support their child in gaining sleep autonomy.

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