APPRENDRE À DORMIR

Sleep: Helping your child fall asleep

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Photo of Annie Spratt on Unsplash

This **fact sheet from Naître et Grandir** discusses the **causes of difficulties falling asleep or refusing to go to bed in children.**

The impact of daytime and nighttime activities on falling asleep, such as screen time, physical activity, and bedtime routines, are at the heart of this article.

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- Why children have trouble sleeping or refuse to go to sleep
- What can you do during the day to help your child fall asleep at night?
- What can you do in the evening to help your child fall asleep?
- When should you consult an expert?
- Things to keep in mind

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