



**APPRENDRE
À DORMIR**

Sleep: Helping your child fall asleep

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This [fact sheet from Naitre 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.

To know more and continue reading on [Naitre et Grandir website](#), click here:

- [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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