APPRENDRE À DORMIR

Naître et Grandir: How sleep affects development and behaviour

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Date : 29 September 2023



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This **fact sheet from Naître et Grandir** presents the **realities of sleep for children aged 1 to 12**: their sleep needs, signs of fatigue and the impact of sleep on their development.

How to promote soothing sleep through daily routines and activities, as well as the impact of screens and when to consult for sleep problems, are also discussed.

To know more and continue reading on Naitre et Grandir website, click here:

- How much sleep do kids need?
- The benefits of good sleep
- How not getting enough sleep affects your child
- Making sure they get a good night's sleep
- When should you consult an expert?
- Things to keep in mind

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