APPRENDRE À DORMIR

Naître et Grandir: How to promote better sleep in a nutshell



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Here is a **downloadable (pdf) fact sheet from Naître et Grandir** that summarizes how to promote better sleep in children in a nutshell.

Download a print-friendly version : How can you help your child get better sleep?

How can you help your child get BETTER SLEEP?

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Tell your child what their day will look like

Having predictable days helps kids fall asleep at night. Without being too strict about sticking to a schedule, try to give your child reference points. This increases their sense of security, which in turn promotes sleep.

Refuel your child's "emotional tank"

Your little one needs to spend time with you to fulfill their need for attention. It's best to carve out some quality time before you start their bedtime routine. Otherwise, they may stall to keep you by their side.



Talk positively about sleep

This will help your child view sleep as something enjoyable and essential. For example, you can say: ***"It feels good to get some rest. I like sleeping because [blank]. Why do you like sleeping?"***

Turn off screens at least an hour before bedtime

Exposure to screens in the evening affects sleep. **You should also limit screen time during the day to make more time for physical activity.** To sleep well, your child needs to move.





Start your child's bedtime routine before you see signs of fatigue

These include yawning, red eyes, overexcitement, aggressiveness, and crying. Your child will fall asleep more easily if they get through their bedtime routine before these signs appear.

Keep their bedtime routine short (around 15 minutes)

A consistent and soothing nighttime routine prepares your child for sleep. **Before you start, make sure your child has used the bathroom and isn't hungry** or thirsty to avoid repeated requests.

