

# Good sleep routines

Toddlers 1 - 3 years



Easy English

## Hard words



This book has some hard words.

The first time we write a hard word

- the word is in **blue**
- we write what the hard word means.

## You can get help with this book



You can get someone to help you

- read this book
- know what this book is about



- find more information.

## About this book



This book is written by the  
Department of Health and Human Services.



This book tells you about good **sleep routines**  
for toddlers aged **1 - 3** years

Sleep routines mean things you do to help  
your toddler sleep each day.

## Get to know your toddler

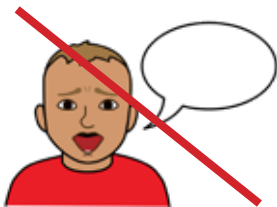
**Bonding** is important to help your toddler sleep.

Bonding means you

- get to know your toddler



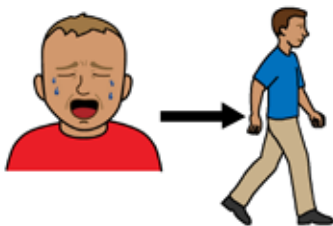
- help your toddler feel safe.



Bonding can be hard when your toddler is upset.

For example, when your toddler

- can **not** find the way to tell you something



- has **separation anxiety**.

Separation anxiety means your toddler gets upset when you leave.

## Tired signs



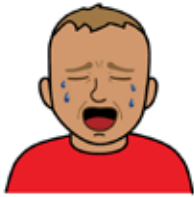
Tired signs are the things your toddler does when they are tired.



When your toddler is tired, they might

- get grumpy

- want more attention



- make noises or cry



- rub their eyes



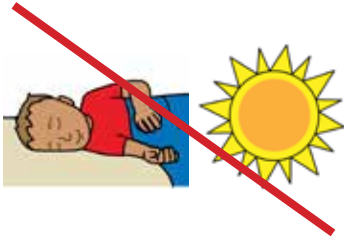
- get bored with toys



- be fussy with food.

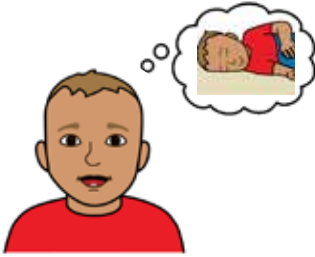


Tired signs help you know when to put your toddler in bed to sleep.

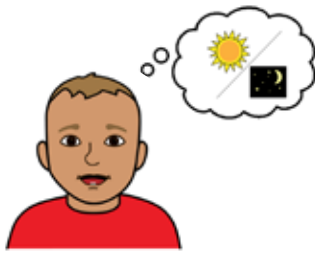


Toddlers might get tired if they miss a nap in the day.

## Sleep routines



Sleep routines help your toddler learn when it is sleep time.



You can do things to help your toddler know when it is day and night.

## Day time routines

Play with your toddler in the day.

For example



- draw



- dance



- play with a ball
- go to the park.

## Night time sleep routines

Do things to help your child relax at night.

For example



- give a bath



- read or tell a bed time story.



Some routines might be hard to keep up for a long time.



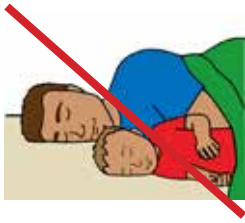
Make sure sleep routines

- are the same every time



- are short, for example 30 - 45 minutes.





Your child might fall asleep in your bed every night when you do **not** want them to.



To help your toddler sleep on their own

- put them in bed when you think they are tired



- let them fall asleep on their own.

## Sleep environment

Keep the **sleep environment** the same.



The sleep environment is the place your toddler sleeps.



You can

- make it dark and quiet

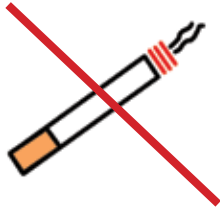


- use the same toys or blankets



- make sleep and wake times the same time every day.

## Safe sleep

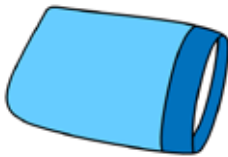


To help your toddler sleep safe make sure

- you do **not** smoke around your toddler



- nothing covers their face or head



- your toddler is 2 years old before they use a pillow



- the cot is safe. For example, there are **no** cords close by.



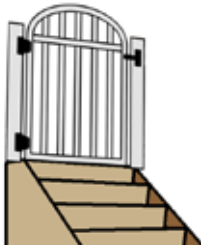
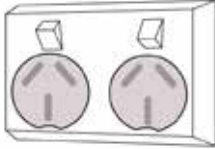
Move your toddler to a bed if they try to get out of the cot.



If you move your toddler to a bed, make sure the bedroom is safe.

To make the bedroom safe

- cover up cords and power points



- block off stairs



Your toddler might move to a bed when they are 1 - 3 years old.



## More information

For more information contact the  
Department of Health and Human Services.



Website

[https://www.betterhealth.vic.gov.au/  
healthyliving/Child-health-0-6](https://www.betterhealth.vic.gov.au/healthyliving/Child-health-0-6)

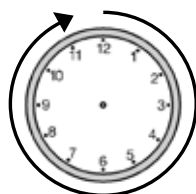


If you are worried about your toddler

- contact your Maternal and Child Health Nurse
  
- call the Maternal and Child Health Line.



Call 13 22 29



The helpline is open 24 hours per day and  
7 days per week.



You can also see your doctor for more help.

## More Easy English

There are more Easy English books on our website about

- sleep for toddlers



- help for sleep problems.



For more information about safe sleep go to the Red Nose website

<https://rednose.org.au/resources/education>



For information about bonding go to the Raising Children website

<https://raisingchildren.net.au/toddlers/connecting-communicating/connecting/connecting-with-your-toddler>

**National  
Relay  
Service**

**If you need help to speak or listen**

You can use the National Relay Service or NRS if you need help to make a call.



Call the NRS help desk

1800 555 660



Go to the NRS website

[communications.gov.au/accesshub/nrs](http://communications.gov.au/accesshub/nrs)



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