

# SLEEP

Bedtime can be a challenge unto itself at age 2 to 5! Your role is to establish a bedtime routine that meets your child's needs.



## Before bedtime

### Spend time together while doing a calming activity:

play with blocks, draw, laugh, read, sing, give a massage, etc.

Screens can affect my sleep.



### Establish a routine to help your child fall asleep

For example, after their bath, they can brush their teeth, read a story with you, share a highlight from their day, give you a hug, and then say goodnight.



### Respect your child's sleep needs

They need **10 to 14 hours of sleep every 24 hours, depending on their age**, including a daily nap. Getting enough sleep allows your child to learn, better handle their emotions, concentrate, develop, and more.



## Going to bed and waking up at consistent hours makes family life easier.

Put your child to bed if they're showing signs of tiredness (yawning, restlessness, eye rubbing). If they're not sleepy, you can suggest relaxing in bed with a book, looking at pictures, etc.

# Is something wrong?

## Let it blow over

Avoid arguing or criticizing each other in front of your child—it can make them feel insecure.



## Other people's judgment can make us doubt ourselves

Believe in yourself and trust that you know what works with your child.

## Speak calmly and openly

**To the other parent:**

**"I've noticed that you take time for yourself when I bathe the kids. I'm disappointed because I'd like to relax too. I'd like us to take turns doing this task. What do you think?"**

**To their educator:**

**"My child says that Zoe hits her. Were you aware of this? Could you keep an eye out for me? I told her to tell you if it happens again. Is that okay with you?"**



# As a parent...



Who can I talk to without feeling judged?

How do I communicate with others? **Partners, family members, neighbours, etc.**

How do I see my role and the role of others in **my child's life?**

