

Dealing with your toddler's sleep problems

You know they're tired, they know they're tired, and still the land of nod seems a distant dream. Here are a few tips and tricks to help your toddler's sleep problems and bed them down for the night.

- ☐ Try to keep your baby's room at a steady temperature, around 18°C (65F) is ideal. Too hot or too cold could disturb their sleep.
- ☐ Changes to the bedtime routine, however small (e.g. their first time in a toddler bed, or cot without bars) will have some effect. Don't worry. It's temporary and the novelty will soon wear off.
- ☐ Aim for regular bedtimes and naptimes.
- ☐ Try letting them choose their bedtime story.
- ☐ Try a baby nightlight or leaving the door ajar to soothe fear of the dark.
- ☐ Try white noise or a soothing selection of sounds for your toddler.
- ☐ Try letting them settle themselves to sleep.
- ☐ Be nearby to assure them but avoid picking your mini-me up or taking them out of their room if they cry or fuss.
- ☐ Make sure they're as comfy as can be. Adjust their bedding and nightclothes for changes in temperature, tuck their favourite toy in with them.
- ☐ Try a snack before bedtime if hunger is waking them up. Some milk, or a banana before they brush their teeth may help keep their tummy happy and their heads firmly on the pillow.
- ☐ Don't despair. It can take time to master the art of sleeping, but you'll get there eventually.