

Getting the timings right and bedtime routine

The right bedtime routine will act as a clear signal to the brain that it's time to sleep, and an appropriate bed time will ensure your child is sleepy enough to fall asleep and stay asleep. Below is a suggested routine and sleep duration recommendations.

Example bedtime routine:

- 1 hour before bedtime dim lights and turn down the noise. Close curtains and engage in calming activities.
- Bedtime snack and drink ideally not sugary or sweet.
- Bath and pyjamas.
- Read a story together in child's bedroom (be clear how many stories you will read or for how long story time will last).
- Child into bed, lights out.

If your child struggles to accept bedtime, you can use visual prompts like a bedtime routine story.

Recommended sleep durations, including naps:

1 to 2 years 11 to 14 hours

3 to 5 years 10 to 13 hours



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