

Tips for better sleep

6 MOS.- 3 YRS.

1

AWAKE WINDOWS AND EARLY BEDTIMES

(OR "AVOID THAT SECOND WIND AT ALL COSTS")

Knowing how long your child can stay awake and helping to get them rest before they get overtired can help nighttime sleep all by itself. Taking advantage of children's lull in energy can sometimes be the easiest change with the biggest impact.

2

FILL UP THAT NAP BANK

If you are deciding to sleep coach/train at night, continue to get naps in any way that works. A well-napped child will have an easier time at bedtime and at night. Work on naps once nighttime is handled.

3

WORK ON BEDTIME

Whatever children have as they go to sleep is the pattern they will anticipate and need when they wake at night. If you are doing hands on helping at bedtime, that's the pattern they need at night too.

You can also work gradually. Just make sure that you are consistently doing less every few days and *always move forward*. Too much wavering actually cements crying and protest.

4

PUSH THROUGH THE PUSHBACK

You can't sneak up on a baby. They will notice that you are changing the pattern that they're used to. It's okay to stay present and still allow them to let you know they're not happy. If you can stay supportive and consistent, your child will pick up on the new routine and will settle in. Try to commit for at least four days.

NAPS & AWAKE WINDOWS

6-9 months

3 naps totaling about 3-1/2 hrs
90-min. to 2-hours awake time
11 hours night sleep

9-10 months

2 naps totaling about 3-1/2 hrs
2-3 hours awake time
11 hours night sleep

10-12 months

2 naps totaling about 2-1/2 hrs
3-4 hours awake time
11 hours night sleep

13-17 months

2 naps totaling about 2-1/2 hrs
4-6 hours awake time
11 hours night sleep

18-23 months

1 nap totaling about 2-1/4 hrs
5-6 hours awake time
11 hours night sleep

2 years

1 nap totaling about 2-1/2 hrs
5-6 hours awake time
11 hours night sleep

3 years

1 nap totaling about 1-1/2 hrs
6+ hours awake time
10 hours night sleep

4+ years

Quiet Time
11 hours night sleep



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