

The Parent Guide To Getting Your Child To Sleep At Just The Right Age

A good night's sleep is essential for a child's physical, mental, and emotional well-being. When children get enough sleep, they are better able to learn, concentrate, and behave. They also have a stronger immune system and are less likely to develop chronic health problems.

However, getting your child to sleep at the right age can be a daunting task. Every child is different, and there is no one-size-fits-all approach to sleep training. But by understanding the basics of child sleep and following a consistent bedtime routine, you can help your child get the rest they need.

The amount of sleep a child needs varies depending on their age. Here are the recommended sleep durations for children of different ages:



Bedtiming: The Parent's Guide to Getting Your Child to Sleep at Just the Right Age by Marc D. Lewis

★★★★☆ 4.2 out of 5

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Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 242 pages
Lending : Enabled
Screen Reader : Supported



- **Newborns (0-3 months):** 14-17 hours per day

- **Infants (4-11 months):** 12-15 hours per day
- **Toddlers (1-3 years):** 11-14 hours per day
- **Preschoolers (3-5 years):** 10-13 hours per day
- **School-age children (6-12 years):** 9-11 hours per day
- **Teenagers (13-18 years):** 8-10 hours per day

A consistent bedtime routine is essential for helping your child wind down and get ready for sleep. The routine should be calming and relaxing, and it should include the same steps every night. Here are some examples of age-appropriate bedtime routines:

- **Newborns (0-3 months):** Feed your baby, change their diaper, and rock or sing them to sleep.
- **Infants (4-11 months):** Give your baby a bath, read them a story, and sing them a lullaby.
- **Toddlers (1-3 years):** Help your toddler brush their teeth, put on their pajamas, and read them a story.
- **Preschoolers (3-5 years):** Let your preschooler help you choose their pajamas, brush their teeth, and read them a story.
- **School-age children (6-12 years):** Help your child get ready for bed by talking about their day, reading them a story, and giving them a hug.
- **Teenagers (13-18 years):** Encourage your teenager to wind down before bed by reading, taking a bath, or listening to calming music.

Even with a consistent bedtime routine, your child may still experience occasional sleep problems. Here are some common sleep challenges and tips for overcoming them:

- **Night waking:** If your child wakes up at night, try to soothe them back to sleep without turning on the lights or engaging in too much conversation. You can try rocking them, singing to them, or giving them a warm bath.
- **Early waking:** If your child wakes up too early in the morning, try to keep them in bed for a little while longer. You can read to them, sing to them, or give them a gentle massage.
- **Bedtime resistance:** If your child resists going to bed, try to make bedtime more enjoyable. You can let them choose their pajamas, read them their favorite story, or give them a special bedtime treat.

Getting your child to sleep at the right age is important for their health and well-being. By following the tips in this guide, you can help your child establish healthy sleep habits that will benefit them for a lifetime.



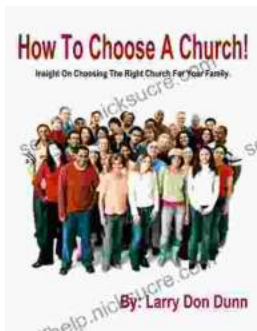
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