



Children who are 3-5 years old need 10 to 13 hours of good quality sleep per day.

When they get adequate sleep, they are more settled and happy during the day.

Those children who get the right amount of sleep also have stronger immune systems with less risks of infection and illness.

A consistent bedtime routine is an important aspect of helping children get good quality sleep.

Here are some Tips for Parents

A

BEDTIME ROUTINE

Follow a bedtime routine consistently with young children. For example, the routine can include brushing their teeth, reading a book in bed, and kissing good night.

B

STAY IN BED

There are ways to help children stay in bed after bedtime. Avoid using screens and physical play before bedtime to calm children. Also, make sure that the room is quiet, dim, and has ideal temperature.

C

NIGHTMARES

If a child has a nightmare and wakes up, you need to talk to him/her and provide comfort and reassurance.

D

NIGHT-TIME WETTING

Children will learn to control their pee routines. If they get wet in bed, parents should assure them that there is help if they need it. Parents can also use night-time nappies or pull-ups to wear overnight.