

SLEEP

Sleep is very important for babies, children & teens. Getting a good night's sleep is a key part of normal development and behavior.

Sleep problems are very common in all age groups. Some children have difficulties with falling asleep (sleep initiation) whereas others have problems with staying asleep.

How much sleep does my child need?

Newborns (birth to 2 months)	16-18 hours a day (3 to 4 hours at a time)
Babies (2 months to 6 months)	14-16 hours
Older babies (6 months to 1 year)	14 hours
Toddlers (1 to 3 years)	10-13 hours
Preschoolers (3 to 5 years)	10-12 hours
School aged children (5-10 years)	10-12 hours
Teens	9-10 hours

Having good sleep hygiene is the first step towards having a good night's sleep. Sleep hygiene refers to your daytime & evening routines that can influence your sleep. Some simple changes can make a big difference for some children.

For more information on how to have a good night's sleep, please go the Canadian Pediatric Society website:

For babies & children:

https://www.caringforkids.cps.ca/handouts/healthy_sleep_for_your_baby_and_child

For teens:

https://www.caringforkids.cps.ca/handouts/teens_and_sleep