

Want to find out more?

HELPLINES & WEBSITES

- **Manchester Children's Information Service**
0800 083 7921
www.manchester.gov.uk/children/parents
– for copies of tip sheets and other leaflets, parenting courses and local services
- **Parentlineplus**
0808 800 2222
www.parentlineplus.org.uk
- **www.parentscentre.gov.uk**
- **www.bbc.co.uk/parenting**
See 'Sleep Problems' in Toddlers section
- **Cry-sis**, for advice if your baby cries a lot or doesn't sleep.
Helpline 08451 228 669
www.cry-sis.org.uk

In this leaflet, the term 'parent' includes carers, such as grandparents, foster carers or step-parents



Manchester **NHS**
Primary Care Trust

* This tip sheet is one of a range of resources produced as part of Manchester's Parenting Strategy.



Visit your local library for more information and access to the internet

For more information and support, you could try talking to your:

- HEALTH VISITOR
- SURESTART
- CHILDREN'S CENTRE
- GP

ਇਸ ਖਬਰ ਦੀ ਕਾਪੀ ਪੰਜਾਬੀ ਵਿਚ ਲੈਣ ਲਈ
ਵਿਰਾਮ ਕਰਕੇ ਚਿਲਡਰਨਜ਼ ਇਨਫਰਮੇਸ਼ਨ
ਸਰਵਿਸ ਨੂੰ 0800 083 7921 ਤੇ ਫੋਨ ਕਰੋ

للحصول على هذه المنشورة باللغة العربية الرجاء
الاتصال بالهاتف بدائرة معلومات الأطفال على
الرقم 0800 083 7921

Si aad ku hesho nusqada warqad yarahan iyadoo
af Soomaali ah faqlan telefoon u dir Adeega
Warbixinta Caruurta ee 0800 083 7921

اگر آپ کو یہ لیفلٹ اردو میں چاہئے تو چلڈرن انفارمیشن سروس کو 0800 083 7921 پر فون کیجئے۔

لطفاً برای دریافت این جزوه به زبان فارسی یا سرویس اطلاعات کودکان

(Children's Information Service) به شماره 0800 083 7921 تماس بگیرید.

如欲索取這傳單的中文版，請致電 0800 083 7921 聯絡兒童資訊服務

বাংলায় এই লিফলেটের একটি কপি জন্য দয়া করে টেলিফোন করুন বাচ্চাদের তথ্যের সার্ভিসে
0800 083 7921 এই নম্বরে।

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TIP SHEET

FOR PARENTS OF 0-3 YEAR OLDS

Helping your child to Sleep

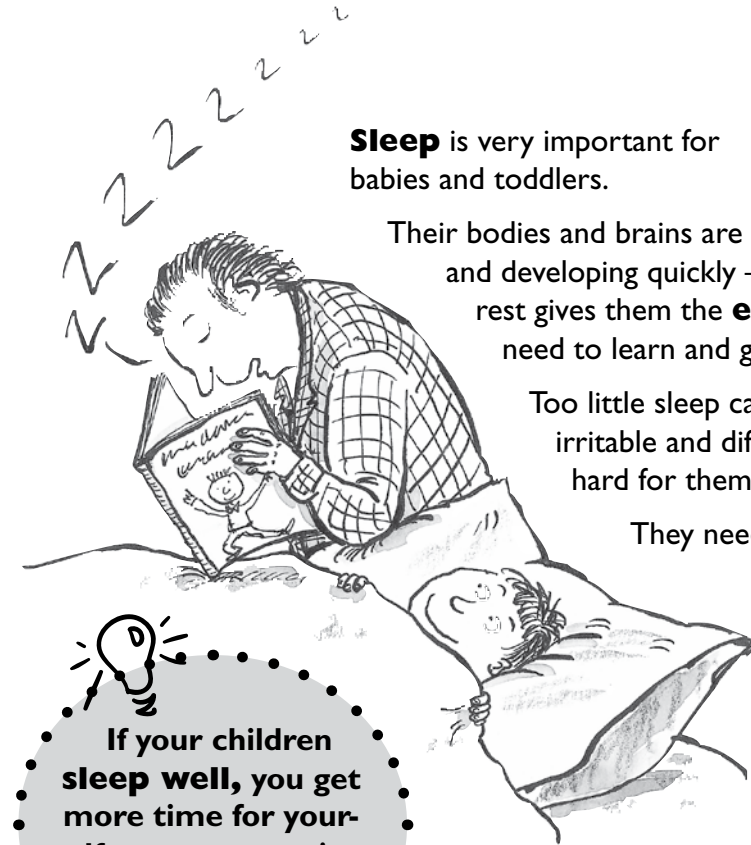
Sleep is very important for babies and toddlers.

Their bodies and brains are **growing** and developing quickly – plenty of rest gives them the **energy** they need to learn and grow strong.

Too little sleep can make children irritable and difficult and make it hard for them to enjoy things.

They need you to help them **learn**

good sleep habits. Make **time** to do this now – it's **good** for them and for you.



If your children sleep well, you get more time for yourself so you can enjoy them more when they are awake!

How much sleep?

Different children need **different** amounts of sleep. Don't worry if your baby sleeps more or less than another one.

Babies don't usually sleep through the night (more than 8 hours) before they are six months old.

Most children have one or two naps during the day up to around three years old.

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SETTING UP GOOD HABITS

Have a **set routine** at bedtime, like bath-drink-story-bed – and stick to it. **Be firm** about a regular bedtime as your child gets older.

The last hour before bedtime should be a quiet period. Avoid exciting play, physical activity and television if possible.

TIPS TO HELP THEM SLEEP

- Don't let your child have naps after about 3 or 4 pm.
- Make sure that your child is warmly dressed but not overheated.
- Avoid battles close to bedtime.
- Don't let them fall asleep in front of the television.

SLEEPING GUIDE

- **Newborn: 16-17 hrs**
(About 7 sleep periods in 24 hrs)
- **3 months: 14-15 hrs**
(About 4 or 5 sleep periods)
- **6-8 months: 13-14hrs**
(Mostly overnight, with some waking, and daytime naps)
- **12 months: 13 hrs**
(About 11 hrs overnight and two daytime naps)
- **2 years: 13 hrs**
(Including 1 daytime nap)
- **3-5 years: 11-12hrs**
(Naps usually end between 3 and 4 years old)



GET HELP!

Ask your health visitor for **advice** if you are having problems getting your child to go to sleep or stay in bed. They can tell you about sleep clinics, baby massage and different methods of settling your baby.

Whatever method you try, be **consistent** and give it **enough time**.

PROBLEMS?

- Often the reason a child wakes in the night is because they haven't learned to go to sleep on their own.
- If your child cries or gets up, put them back to bed quietly and without fuss or too much attention or emotion.
- Try to stay calm - they're not crying to get at you.
- Try not to rely on a 'sleep trigger' (e.g. dummy, bottle, breast or rocking) to get your child to sleep – they may stop sleeping without it.



LOOK AFTER YOURSELF

- Get as much sleep as you can – whenever your baby is asleep.
- Ask family and friends to help with chores.
- Try and stay healthy to boost your energy levels and reduce stress.

STAY POSITIVE!

- **Don't** blame yourself if your child isn't sleeping.
- Work with your partner and family – try not to argue – **help** each other to stick to routines.