



Indiana Association for Infant & Toddler Mental Health

Babies need an average of 14 and 16 hours of sleep per day; toddlers, about 13 hours. A child who sleeps less than this amount may be sleep-deprived—along with her parents! Young children who are over-tired may have problems with behavior and self-regulation. Exhausted parents may struggle to focus and read their child's cues. These sleep problems are more likely for families who have young children with developmental differences. First Steps mental health professionals can help tired families and children !



- * **Predictable routines, such as putting on jammies, brushing teeth, reading a book, and sleeping in the same place, help babies sleep better.**
- * **Letting a child get overtired can make it harder to fall asleep.**
- * **Being over scheduled can also lead to sleep problems. Check your family calendar to see if some activities can be dropped.**
- * **Temperament can play a role in sleep: know your child's style to create the right sleep environment and schedule.**

First Steps providers can help families learn to help their babies and toddlers sleep better!

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1431 North Delaware St
Indianapolis, IN 46202

www.iaitmh.org
E-mail: info@iaitmh.org