


3 Steps to Better Sleep: Guide for Training Child Care Providers

Overview:

Most toddlers sometimes wake at night or get fussy at bedtime. The *3 Steps to Better Sleep* materials contains simple steps that caregivers can use to help a toddler go to sleep faster and wake less often at night.

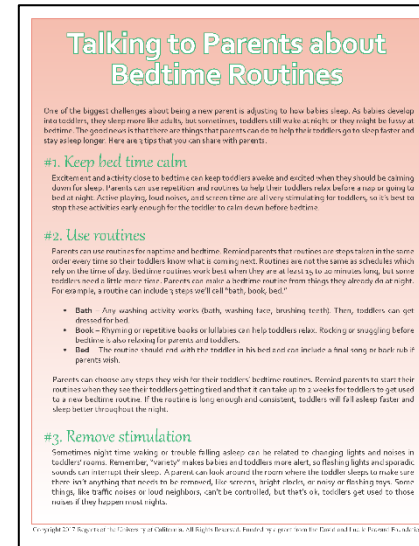
Materials:

- ◇ Video – 3 Steps to Better Sleep
- ◇ Provider Handout (single-sided) 
- ◇ Parent Handout (single-sided, see page 2 of this guide)

To access the materials, visit

Website: <http://lactation.ucdavis.edu/baby-behavior-in-child-care/>

Password: BBCC2017



Tips for sharing with childcare providers

- ◇ Begin by asking the provider what their nap routine is for their daycare. Ask them if they know about any of the toddlers' bedtime routines at home, or if they have any.
- ◇ Share video and Provider Handout with the provider. Talk about the tips and concepts in the materials that might be most useful to the parents of the children that they care for.
- ◇ Offer copies of the Parent Handout for the provider to share with parents. Point out the tips that are given to make caring for toddlers easier.
- ◇ Help provider identify specific opportunities that they have to share messages with the parents of the children that they care for, such as pick up and drop off times, when updating parents on the activities of the day, in newsletters or calendars, or when parents ask questions.

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3 Steps to Help Your Toddler Get More Sleep



Most toddlers sometimes wake at night or get fussy at bedtime. The good news is that there are things that you can do to help your toddler go to sleep faster and stay asleep longer. You might already be doing them!

1. Keep bedtime calm

Active games, talking, playing, learning, and screen time can keep toddlers awake. So, make sure you stop these activities early enough for your toddler to calm down before you want her to sleep.

2. Use a routine

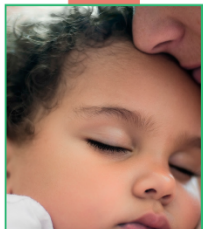
You can use routines at bedtime to help your toddler go to sleep and stay asleep longer. Remember routines are steps taken in the same order every time so your toddler knows what is coming next. Routines are not the same as schedules which rely on the time of day.

- Bedtime routines work best when they are at least 15 to 20 minutes long, but some toddlers will need a little more time. The routine can include things you already do, for example:
 - **Bath** – Any washing activity works (bath, washing face, brushing teeth), followed by getting dressed for bed.
 - **Book** -Rhyming books or lullabies are relaxing for toddlers.
 - **Bed** –The routine should end with the toddler in his bed and can include a final song or back rub if parents wish.
- You might hear a little protest or whining when you lay him down but it won't last long. If your routine is long enough and consistent, your toddler will soon fall asleep.
- Remember, it can take up to 2 weeks for your toddler to get used to a new bedtime routine.
- Sometimes, you won't be able to follow your routine for a night or two if you are traveling or your schedule changes. Your toddler won't forget his routine. Get back to the routine as soon as you can.



3. Remove anything stimulating from the place your toddler sleeps

Your toddler will get used to neighborhood lights and noises but a "variety" of sights and sounds at night can make her more alert. Take a look around the room where your toddler sleeps and make sure there aren't screens (TVs or cellphones), noisy or flashing toys, or bright clocks that can be stimulating during the night.



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Highlights

- It is normal for toddlers to wake up at night
- 3 steps to maximize toddler sleep
 - Keep bedtime calm
 - Use a routine (like bed, bath, book)
 - Remove anything stimulating
- Remember that routines work best when 15-20 minutes long
- New routines may take up to 2 weeks for the toddler to remember
- Consistency is important

Ideas for Sharing Opportunities

- Parents may mention that they were up with a fussy toddler the night before - a perfect opportunity to bring up the subject of sleep and share ways to create the best possible sleep environment.
- Discussing naptime is another great opportunity to talk about toddler sleep and routines.
- Talk about sleep and routines if a toddler is unusually fussy or tired during the day.
