

# Sleep Tips for Kids

## Babies



Try soothing your baby without picking them up. Leave the room quietly when they are settled.

## Toddlers



Try giving your toddler control over little parts of the bedtime routine, like picking out pajamas.

## Adolescents



Designate a space outside of the bedroom for homework, play, or electronic device usage.

## Teens



Setting a good example of healthy sleep routines can encourage a teen to follow suit.

# Sleep How To Teach Your Child To Sleep Like A Baby

**Michelle LaRowe**



**Sleep How To Teach Your Child To Sleep Like A Baby:**

Embark on a breathtaking journey through nature and adventure with Explore with is mesmerizing ebook, **Sleep How To Teach Your Child To Sleep Like A Baby** . This immersive experience, available for download in a PDF format ( \*), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

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