

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

Hussin A.Rothana



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