



Government of Western Australia
Child and Adolescent Health Service



Neonatology

Sleeping guide (24 months)

Perth Children's Hospital and Neonatology

King Edward Memorial Hospital
and Perth Children's Hospital



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Why is sleep important?



Two-year-olds are full of **energy**. But with all that **excitement**, they still need **lots of sleep** to help their growing brains and bodies.



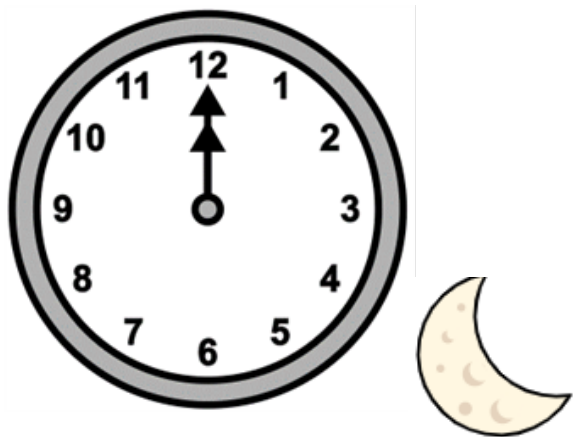
It's **common** for **toddlers** to have **trouble sleeping**, like not wanting to go to bed or **waking up** during the **night**.



You're **not alone**, **many families** go through this.



Your toddler will need
11-14 hours **total sleep**
(This include **naps**).



This should include **10-12** hours
nighttime sleep.



And **1 nap** during the **day**.

6 key tips for healthy sleeping

1. Make a bedtime routine

Do the **same things** each night before bed. This helps your child know it's time to sleep. Example: Bath → Book → Cuddle → Bed.

2. Choose a regular bedtime

Try to put your child to bed between **6:30pm and 8:00pm** every night.

3. Help your child fall asleep on their own

Put your child in bed when they are **sleepy but still awake**. This helps them learn to fall asleep by themselves.

4. Make the room calm and safe

Use **soft lights**. Take away noisy toys. Add a comfort item like a **teddy or blanket**.

5. Stay calm during the night

Children may wake up during the night. Keep your voice **quiet and calm**. A short cuddle can help them go back to sleep.

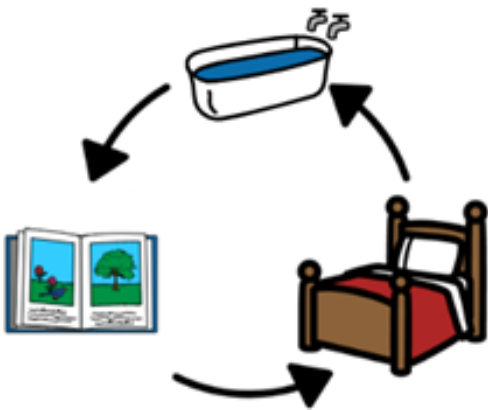
6. Watch for sleepy signs

Your child may rub their eyes, yawn, or stop playing. These signs mean **they are tired**. Try to put them to bed before they get too tired, as this can make it harder to fall asleep.

How to have better sleep?



Keep a **regular bedtime** and **wake-up time**. Doing things at the same time helps your child **feel safe**.



Use a **bedtime routine**. Try bath, story, cuddle, then sleep.

Stop playtime 1 hour before bed.



Make their **room quiet** and **cozy**. Use **soft light**, **remove loud toys**, and **add comfort items** like a **teddy** or **blanket**.



Give **small choices**. Let **your child** pick their **pajamas** or which **book** to **read**, but keep the **bedtime** steps the **same**.



Say **no to delays**.

Be **kind** but **firm**. One hug, one story, one drink, then **lights out!**



Stick to the **routine** you create! **Children** need **structure**, especially at this young age.

Common sleep problems



If your **child cries** when you **leave**, say a short goodbye to **build trust**, then **step away** to support independence.



If your **child wakes up** and **calls out** for you, guide them **back to bed** gently, **keep things quiet** and **simple**.



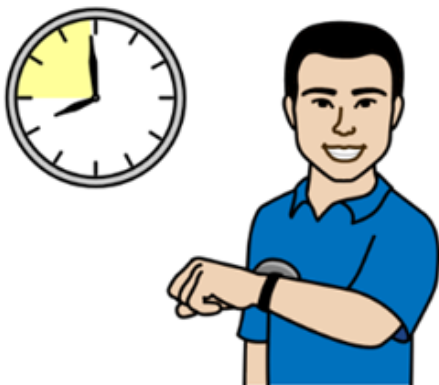
If your **child** keeps **saying** “**I’m not tired,**” **stick** to the bedtime **plan**.



If your child has **scary dreams**, **comfort** them **calmly** and avoid focusing on the bad dream.



If your **child skips naps** or gets **cranky** in the **afternoon**, offer **quiet time** daily.



Make **bedtime earlier** if **naps** are **skipped**.

When to see a doctor?



If your **child struggles** to **breathe** at night, **snores** loudly, or leaves the pillow **wet** with **drool**, it may be a sign to check in with your **GP**.



If they **wake often** or seem **tired** during the **day**, trust your **instincts**, reach out for **support**.



Some children need **help** with **sleep**. It is **important** children get the **right amount**.

Key contacts

King Edward Memorial Hospital
Reception - NICU

 6458 2099

King Edward Memorial Hospital
Aboriginal Liaison Service

 6458 2777

King Edward Memorial Hospital
Child Care Centre

 6458 1370

King Edward Memorial Hospital
Aishwarya's Care Call

 0414 930 196

South Coastal Health Services
- Babbingur Mia

 9550 0900

Perth Children's Hospital
Reception - NICU

 6456 3445

Perth Children's Hospital
Aboriginal Liaison Service

 6456 2222

Perth Children's Hospital
Child Care Centre

 6456 0501

Perth Children's Hospital
Aishwarya's Care Call

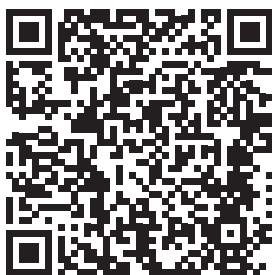
 6456 0337

Derbarl Yerrigan Health
Service

 9421 3888



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Child and Adolescent Health Service



For more information [scan the QR code](https://cahs.health.wa.gov.au/Neonatology-Resources) or visit
cahs.health.wa.gov.au/Neonatology-Resources

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