

Often appears sleepy or tired.

Children need the time to settle down before going to sleep. A good bedtime routine helps your child's body get ready for sleep. Having the same routine each night lets your child's body know that sleep is coming.

Typical development

3 and 4-year old's will be:	Following rules, understanding why they are important.
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How can practitioners support parents?

- Practitioner's to share the importance of children getting enough sleep. Children aged around 3 or 4 will need about 12 hours sleep each night, this can range from 8 hours up to 14. Some young children may still need a nap during the day.
- Practitioner's to discuss with parents contacting the child's Health Visitor to provide support with a good sleep routine within the home.
- Practitioner's to share the importance of having some quiet time before the child's bedtime routine starts.
- Practitioner's to discuss with parents about introducing a visual schedule for going to sleep – Use photos of the getting ready for bed process.
- Practitioners to discuss the importance of having a story at bedtime.

Useful resources

The Sleep Council - Aim is to support families to get a better night's sleep by offering workshops, clinics, and written materials. They use a behavioural approach to sleep and work in partnership with families.

[The Sleep Charity - Children](#)

[The Sleep Charity - Diet - Sleep](#)

Health Visitors Service - Support families with young children, they work in teams for a local community and have extensive knowledge of your geographical area and its services.

[Health Visiting Service](#)

Useful Links

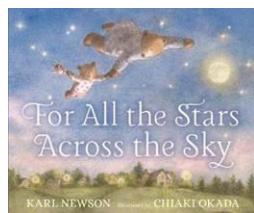
<https://www.nhs.uk/conditions/baby/health/sleep-problems-in-young-children/>

<https://www.pacey.org.uk/news-and-views/news/archive/2016-news/september-2016/promoting-sleep-in-the-early-years/>

<https://www.teachearlyyears.com/product-focus/view/sleep-training-for-early-years-practitioners>

Book ideas

Booktrust has lots of lovely ideas for books to share at bedtime: [Books for bedtime: find a new favourite | BookTrust](#)



'For all the stars across the sky' by Karl Newson