

CHILDREN'S SLEEP HABITS



TODDLERS AND PRESCHOOL CHILDREN (2 - 5 YEARS OLD)

11 - 12 hours

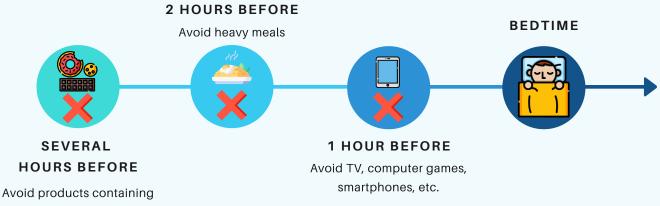
Sleep 9 - 10 hours at night Go to bed at around 8pm - 9pm SCHOOL AGE CHILDREN (6 - 12 YEARS OLD)

10 - 11 hours

TIPS FOR TODDLERS AND PRESCHOOLERS

(2 - 5 YEARS OLD)

- · Have a fixed bedtime and wake up time every day
- A light snack may help your child to sleep (e.g. milk, banana)
- Inform your child 10 minutes before bedtime afterwards, bring him to pass urine and brush teeth



Avoid products containing sugar and caffeine (e.g. chocolate, coffee and tea)

CONSULT DOCTOR IF YOUR CHILD HAS:

- Problems falling asleep
- Excessive sleepiness during the day
- · Snoring or difficulty breathing at night
- Frequent night-waking
- · Night terrors or sleepwalking



Reference:

Neighbourhood Health Service Kids. (2020, July). Resource booklet. Neighbourbourhood Health Service Kids.