

Preston Ridge Pediatric Associates, P.C.

10 TIPS FOR GOOD SLEEP HABITS IN CHILDREN

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1. Provide sleep that is NEVER interrupted by activities. This includes nights, mornings, and naps.
2. Establish a strict bedtime ROUTINE between 4 and 6 months of age.
3. Prevent unreasonable BEDTIME HABITS such as feeding, snacks, excessive rocking, child getting into parent's bed, or parents getting into child's bed. Avoid over-stimulating play before bedtime.
4. Begin CRIB sleeping at 1 month. Keep crib in use as long as possible.
5. Eliminate the AUDIO-MONITOR at 6 months of age to insure a good night's sleep for all.
6. Let your child AWAKEN and talk and play for 15-20 minutes before getting up. Start the day on your terms.
7. Encourage HAPPY children by POSITIVE parent encounters after sleep.
8. Remove OBJECTS and extra blankets from crib early. A pacifier and one washable item may be used.
9. GATE the room of a toddler to prevent wandering and enforce parental control.
10. Maximum TIME of 20 minutes for toddler bedtime stories, good nights, etc.