

# KixCare TIPS

## Why is My Child Tired All The Time?



Is your child yawning, struggling to stay awake doing a task or eating? Do they want to lay down on the couch and not play? Here are some tips to help!

- 1** Ensure you have a clear sleep routine for bedtimes and naps. Establishing a routine helps ensure that your child gets enough sleep to feel rested and have the energy to get through the day.
- 2** When your child takes naps during the day, ensure they don't nap for longer than three hours, as they may not be tired at bedtime.

Cut here for a colouring sheet for your little one

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