Ki✕Care TIPS

How Do I Introduce My Child to a New Sleeping Routine?

Sleep is very important for all children's bodies. It helps them regain energy, grow and develop and fight off any illnesses they may be experiencing.

1 Make sure that they **don't adopt new sleep routines when they are sick or starting something new** such as daycare or school.

2 **Speak to your child about their new sleep routine.** Explain why it's important, and be consistent with them.

3 If your child is old enough, **allow them to ask questions and work with you on this change to their sleep schedule.**

✂ Cut here for a colouring sheet for your little one

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