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Practical Tools You Can Use Tonight:

If bedtime feels like a battle or nights feel unpredictable, you're not alone.

The Sleep Reset Checklist

1. Know Your Child's Sleep Needs

Approximate Total Sleep in 24 Hours:

0 - 2 months:	16 – 18 hours
2 – 4 months:	14 – 16 hours
4 – 6 months:	14 – 15 hours
6 – 9 months:	14 hours
9 – 12 months:	14 hours
12 – 18 months:	13 – 14 hours
18 – 24 months:	13 – 14 hours
2 – 3 years:	12 – 14 hours

Overtired children often resist bedtime, wake frequently overnight, wake very early, have more tantrums.

2. Create a Predictable Bedtime Routine (20–30 minutes)

Keep it calm, simple, and consistent.

Sample Routine: Bath or wash up, pajamas, brush teeth, potty, read 1–2 books, cuddle time, tuck in crib/bed awake and drowsy.

Consistency builds security.

3. Choose a Calm Goodnight Phrase

Use the same phrase every night.

Examples:

- “It’s sleepy time. Mommy and Daddy are here.”
- “Your body needs sleep to grow strong.”

Keep it short. Avoid long negotiations.

4. Handle Toddler Stalling Without Escalating

Common stall tactics:

“I need water.”

“One more hug.”

“I’m not tired.”

Respond calmly and clearly: “I hear you. It’s bedtime. I love you and I’ll see you in the morning.”

Repetition + calm + boundaries = progress.

Summary

Research shows that infants and toddlers who maintain healthy sleep habits have improved attention, memory, and learning abilities. Sufficient sleep also helps regulate mood, reducing the risk of behavioral issues, tantrums, and emotional outbursts. Proper sleep also supports the immune system and physical development, including growth and weight management.

Insufficient or poor-quality sleep in infants and toddlers has been linked to impaired cognitive function, increased risk of obesity, and higher susceptibility to illness. The AAP stresses the importance of establishing healthy sleep habits early on to promote optimal health and development during these critical stages of life.

By incorporating healthy sleep habits and routines, parents can help infants and toddlers achieve the sleep their growing bodies and minds require.

Consistent, age-appropriate sleep habits and routines lay the foundation for long-term sleep health and overall well-being.

Sleep Troubleshooting Guide

If Your Child Won't Fall Asleep

Possible causes:

- Overtired
- Inconsistent routine
- Too much stimulation before bed

Solutions:

- Move bedtime earlier by 15–30 minutes
 - Keep routine calm and predictable
 - Reduce screen time at least 60 minutes before bed
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If Your Child Wakes During the Night

Night waking is normal during a sleep cycle transition. The goal is helping them return to sleep independently without waking and calling for you.

Response:

- Pause briefly before going in
 - Keep lights low
 - Use your short goodnight phrase
 - Avoid starting new habits in the middle of the night
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If Your Child Wakes Too Early

Common causes:

- Overtired
- Bedtime too late
- Room too bright

Solution:

- Adjust bedtime
- Blackout shades
- Treat wakeups before 6:00 AM as nighttime wakeups.

Reminder for Parents

Sleep is a skill. Skills take practice. Progress may not be perfectly linear.

Practice makes Progress

Staying consistent and calm help your child adjust to new routines and schedules with less stress and anxiety at bedtime and during the night.

Ready for Better Sleep? Let's Make a Plan Together

Free 15-Minute Strategy Call


As a thank-you for attending tonight's workshop at Greenwich Library, I'm offering a **complimentary strategy call** and **10% off a Customized Sleep Plan**.


We can review your child's sleep and behavior challenges. No obligation, just guidance and clarity.

Book your free call: Slumberland Solutions

Small changes can make a big difference in just a few nights.

Questions? I'd love to help.

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Sweet Dreams!  