



# How toddlers sleep

Toddlers 1 - 3 years



Easy English

## Hard words



This book has some hard words.

The first time we write a hard word

- the word is in **blue**
  
- we write what the hard word means.

## You can get help with this book



You can get someone to help you

- read this book
  
- know what this book is about
  
- find more information.



## About this book



Health  
and Human  
Services

This book is written by the  
Department of Health and Human Services.

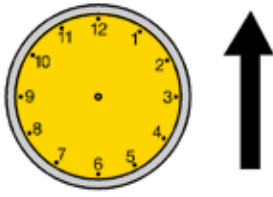


This book tells you about sleep for **toddlers**.



A toddler is a child aged **1 - 3** years.

## How much sleep is normal?

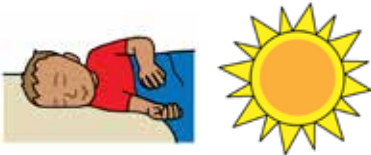


Your toddler will

- sleep 10 - 14 hours



- sleep most at night



- nap for 1 - 3 hours in the day.



Your toddler might start to

- get scared at night



- want to stay up with you.

You might need to give your toddler more care around sleep time.

## Sleep regression

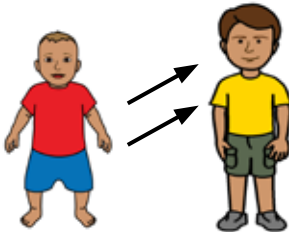
**Sleep regression** can happen when your child is about 18 months old.



Sleep regression means your toddler starts to have new sleep problems.



Your toddler might wake up at night and **not** go back to sleep.



Sleep regression might happen because

- your toddler is growing



- your toddler is sick



- things change in your toddler's life.  
For example, you might travel.



Sleep regression is normal and will go away by itself.

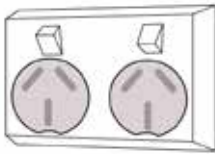
## Move your toddler to a bed



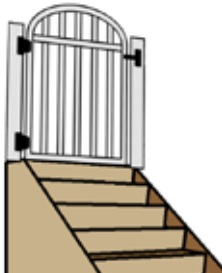
You can move your toddler to a bed when you notice they try to get out of the cot.

You **must** make sure the bedroom is safe.

For example



- cover up cords and power points



- block off stairs.



Your toddler might move to a bed when they are 1 - 3 years old.



## More information

For more information contact the  
Department of Health and Human Services.



Website

[https://www.betterhealth.vic.gov.au/  
healthyliving/Child-health-0-6](https://www.betterhealth.vic.gov.au/healthyliving/Child-health-0-6)

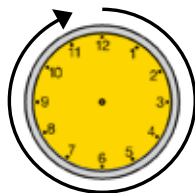


If you are worried about your toddler

- contact your Maternal and Child Health Nurse
  
- call the Maternal and Child Health Line.



Call 13 22 29



The helpline is open 24 hours per day and  
7 days per week.



You can also see your doctor for more help.

## More Easy English

There are more Easy English books on our website about

- good sleep routines



- help for sleep problems.



For more information about cot to bed transition go to

[https://rednose.org.au/downloads/RN3356\\_Cot\\_Bed\\_DL\\_Oct2018\\_web.pdf](https://rednose.org.au/downloads/RN3356_Cot_Bed_DL_Oct2018_web.pdf)



**National  
Relay  
Service**

**If you need help to speak or listen**

You can use the National Relay Service or NRS if you need help to make a call.



Call the NRS help desk

1800 555 660



Go to the NRS website

[communications.gov.au/accesshub/nrs](http://communications.gov.au/accesshub/nrs)







To receive this publication in an accessible format email Maternal and Child Health and Parenting:

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