



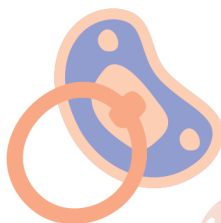
# SLEEP FOR TODDLERS



## WHY DOES MY TODDLER WAKE UP AT NIGHT?

Sometimes mild discomfort such as teething can cause toddlers to wake up.

Mild separation anxiety as well as dreams and nightmares can also cause toddlers to wake up.



## HOW MUCH SLEEP DOES MY TODDLER NEED?

Most children ages 1-2 need 11-14 hours of sleep with two naps a day.

By 18 months of age, the naps change to one afternoon nap.



## WHAT CAN I DO TO HELP MY TODDLER SLEEP?

Have a bedtime routine that you follow every night.

Limit screen time. Finish screen time at least 1 hour before bed.

Keep screen devices outside of the toddler's room.

Dress your toddler in warm clothes during the colder months.

If your toddler wakes up during the night, keep your visit short and quiet. Offer reassurance that you are nearby.

If you have any questions or concerns about your child's sleep, check with your doctor.

Reach FIPP at (828) 608-6700 or visit us at [www.FIPP.org](http://www.FIPP.org)



Family, Infant and Preschool Program  
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