

Sleeping Habits

12 to 18 Months

Did you know?

- As babies approach one year of age, one nap may be enough for them. Naps usually last 1 $\frac{1}{2}$ to 2 hours. Your child needs about 13 hours of sleep per day.
- Babies who don't get enough sleep have trouble falling asleep and wake up during the night. How well does your baby function on the sleep he's getting?
- At eight to nine months of age, your child may wake up on his own because he wants you. He now understands object permanence so will cry for you until you come. It is important for your child to learn to soothe himself and fall back to sleep on his own.

Things to do at home...

- To promote good sleep for your baby, make sure you:
 - Have a cozy sleeping space.
 - Make sure the room is at a controlled temperature.
 - Give soothing movements like rocking, swaying, or patting.
 - Give your child a room of his own.
 - Establish a bedtime routine.
 - Make sure your baby gets plenty of daytime rest.
- A good bedtime routine includes a bath, sleep-inducing atmosphere, a story, song, and cuddle. Routines help them let go of their day.
- Try to wake your child up and put them to sleep at the same time each day. This consistency will help your child sleep better and avoid problems as your child gets older.
- If your child is having trouble sleeping at night, adjust his daytime schedule. Shorten his afternoon nap so he will be tired at bedtime.
- Avoid getting into bad habits. Always put your child to sleep when he is still awake so he can learn how to put himself to sleep.