

# LEAPS

learning eating active play sleep



## Sleep

Sleep is essential for a child's overall health and development. Sleep is important for growth, hunger regulation, motor skill development, concentration levels and behaviour.

Sleep needs of young children can differ, with some children requiring less or more sleep than others. Children's sleep needs change as they grow up. As children get older, some may need a daily nap, while others do not.

### Sleep Tips

**If your service has a sleep or rest time, here is some general information to optimise opportunity for sleep and rest.**

Sleep and rest times should aim to follow the 4 principles of R.E.S.T.:

#### Routine

- Have regular activities to calm children before the sleep or rest time.

#### Environment

- Lower the light and noise in the room. Cool room temperature and have comfortable bedding.

#### Sleep need

- Recognise and respond to individual needs for sleep or rest. Individualise routines and give children enough time to get the amount of sleep they need.

#### Timing

- Try to schedule sleep or rest at the same time each day.

If you have young infants in your service please also refer to the SIDS guidelines about safe sleep environments.

Refer to [www.sidsandkids.org](http://www.sidsandkids.org)

### For more information:

[http://www.earlychildhoodaustralia.org.au/resource\\_themes/baby\\_and\\_toddler\\_sleeping.html](http://www.earlychildhoodaustralia.org.au/resource_themes/baby_and_toddler_sleeping.html)

### Sleep Tips for Parents:

<http://www.sleephealthfoundation.org.au/files/pdfs/facts/Sleep%20Tips%20for%20Children.pdf>