



Ways To Help Toddlers

SLEEP

When They Stop Napping



Avoid screen time or television before bedtime to calm the mind.



Avoid giving chocolates or caffeinated beverages before bedtime.



Keep the meals ready before your toddler's bedtime.



Schedule your sleep time around your toddler's bedtime so that the toddler is not distracted by you being awake.



Keep the bedroom environment dark and warm.



Snuggle and soothe your toddler with calm music or songs.