

How to handle toddler sleep problems

You know they're tired, but they refuse to listen—and try as you will, the land of nod seems but a distant dream. Here are a few tips to help with your toddler's sleep problems, from baby night-lights to soothing sounds for baby.

- Watch out for changes to the bedtime routine (for example, their first time in a toddler bed, or cot without bars). However small they are, they could have some effect.

- Don't worry, they'll just take a bit of time to readjust.

- Aim for regular bedtimes and naptimes.

- Let them choose their own bedtime story.

- Try a baby night-light or leave the door ajar if they're afraid of the dark.

- Try white noise or a selection of soothing sounds for baby.

- Try letting them settle themselves to sleep—self-soothing is an important life lesson.

- Be nearby to assure them but avoid picking your little one up or taking them out of their room if they cry or fuss.

- Make sure they're as comfy as can be. Adjust their bedding and nightclothes for changes in temperature. Tuck their favorite toy in with them.

Try a snack before bedtime if hunger is waking them up. Some milk, or a banana before they brush their teeth may help keep their tummy happy and their heads firmly on the pillow.

Don't despair. It can take time to master the art of sleeping, but you'll get there eventually.

Sources:

<https://www.smababy.co.uk/toddler/getting-toddler-to-sleep/> ^[1]

Source URL: <https://www.babyandme.nestle.com.sg/12-24-months/toddler-sleep-problems>

Links

[1] <https://www.smababy.co.uk/toddler/getting-toddler-to-sleep/>