

# Sleep

-CHECKLIST

A young child with long brown hair is sleeping peacefully on a patterned pillow. The child is wearing a dark blue long-sleeved shirt and has their hands clasped near their face. A white stuffed rabbit is visible in the foreground. The background is dark and out of focus.

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The Parenting Expert

# Sleep CHECKLIST

**With Kids' Bedtimes, Consistency Is Key To Learning And Development in a Nutshell.**

Like adults, children often don't get enough sleep at night and unfortunately, not getting enough sleep and being sleep-deprived can have serious consequences for your child's health, success at school and growth.

**Children's sleep needs depend on their age:**

**Newborn** – 16 hours

**Infants** – 12 to 14 hours (including up to 4 1/2 hours of daytime sleep in 2 to 4 naps)

**Toddlers** – 12 hours (including up to 2 1/2 hours of daytime sleep in 1 to 2 naps)

**Pre-schoolers** – 11 hours (including up to 2 hours of daytime sleep in 1 nap)

**School age (6-8 years old)** – 10 to 11 hours

**Tweens (9-12 years old)** – 10 hours

**Teens** – 9 hours

Generally speaking, you should expect your child to be within a half hour to one hour of these sleep requirements. Talk to your doctor or Health Visitor if your child is sleeping much more or less than this, although it may still be normal if your child is healthy, happy, and growing and developing normally.

## Are Your Children Getting Enough Sleep?

If not, they may:

- have trouble waking up in the morning
- be sleepy during the day
- sleep in on the weekends to try and make up for not getting enough sleep on school days
- have specific symptoms of being sleep-deprived, such as being irritable or aggressive, having a short attention span, or being hyperactive, many of which are similar to the symptoms of ADHD

In addition to simply having a late bedtime or waking up frequently because of poor sleep habits, children may not get enough sleep if they have obstructive sleep apnoea, night terrors or nightmares, restless leg syndrome, asthma (up coughing), and eczema (up itching).

Talk to your doctor if your child has any of these problems, especially if you think it is interfering with your child's sleep.

But often it's quite easy to get your children into a simple bedtime routine if YOU are confident about what you want to happen, clear in your instructions, assertive in your body language, and confident in your tone of voice and are determined to ensure that your children don't mess you about!

### **The Power of the Sleep Fairy Technique**

<https://www.sueatkinsparentingcoach.com/2017/04/the-power-of-the-sleep-fairy-3/>

### **My SLEEP MADE EASY CD**

<https://www.sueatkinsparentingcoach.com/product/sleep-made-easy/>

