



Importance of Healthy Sleep

Cognitive Ability

Well-rested children learn more rapidly. Their attention, memory and decision-making can all be diminished due to inadequate sleep.

Safety

Overtired children have impaired hand-eye coordination, which can impact your child's fine motor skills. Basic skills like crawling, walking, running, and climbing can be affected by lack of sleep.

Mood

Children that are tired can be more irritable, hyperactive, and oppositional. Behaviour problems have been linked to sleep deprivation.

Illness

Your body's immune system has more trouble fighting off illnesses when it hasn't had enough rest. Systemic inflammation, increased blood pressure, increased stress hormones; make them more susceptible to infections.

4 Key Sleep Tools From the Good Night Sleep Tool Kit

Create Your Baby's Sleep Sanctuary

Practice the ABC's of safe sleep (Alone, on their Back, in their Crib), and create a consistent dark, quiet, and cool environment. Use black out blinds, and a white noise machine to achieve ultimate sleep success.

Make Naps a Priority During Daytime

Work with your baby's circadian rhythm schedule to encourage healthy sleep. Promoting an age appropriate nap schedule will keep your baby well-rested making bedtime easier and night sleep more restorative.

Introduce a Calming Bedtime Routine

A consistent soothing bedtime routine is a set of activities you practice that helps your baby predict bedtime. Include bath time, stories, cuddles, gentle talks, and Pampers diapers to your baby's bedtime routine.

Choose a Sleep Method For Your Family

You must be comfortable with your baby's sleep plan and the method you choose so you can be consistent. It's important to do your research and choose a method that both you and your partner support.