

The Foundations of Healthy Sleep

Helping Little Dreamers Sleep Better

Healthy sleep is one of the greatest gifts you can give your child—and yourself. During sleep, your child's brain and body are incredibly busy growing, learning, and recharging. While every child is unique, establishing healthy sleep habits early can support better rest for the entire family.

1 WHY SLEEP MATTERS

Quality sleep supports:

-  Brain development and learning
-  Emotional regulation
-  Growth and physical development
-  A healthy immune system
-  Improved mood and behavior
-  Healthy feeding and development



2 CREATE A SLEEP-FRIENDLY ENVIRONMENT

A few simple changes can make a big difference.

-  Dark room (blackout curtains if needed)
-  Comfortable room temperature (68–72°F)
-  White noise to minimize disruptions
-  Safe sleep space free of loose blankets and pillows (follow current safe sleep guidelines)
-  Consistent sleep location whenever possible



3 BUILD A CALMING BEDTIME ROUTINE

Children thrive on predictability.

A consistent 20–30 minute bedtime routine helps signal that sleep is coming.

-  Bath
-  Pajamas
-  Storytime
-  Cuddles
-  Quiet song
-  Into bed awake but calm



Keep the routine calm, consistent, and screen-free.

4 WATCH FOR SLEEP CUES

Putting your child to bed before they're overtired often leads to easier bedtimes.

Common sleepy signs include:

-  Yawning
-  Staring off or zoning out
-  Rubbing eyes or ears
-  Becoming quieter or less engaged
-  Fussiness or clinginess
-  Losing interest in play



Once children become overtired, it can actually become harder for them to fall asleep.

5 COMMON SLEEP MISTAKES

These are very common—and easy to adjust!

-  Waiting until your child is overtired
-  Inconsistent bedtimes
-  Too much stimulation before bed
-  Wake windows that are too long (or too short)
-  An inconsistent sleep environment

Small, gradual changes can have a meaningful impact over time.



6 AGE-APPROPRIATE SLEEP TIPS



NEWBORNS (0–3 MONTHS)

Focus on responding to your baby's needs while gently introducing day/night routines.



INFANTS (4–12 MONTHS)

Consistent routines and age-appropriate wake windows can help encourage longer stretches of sleep.



TODDLERS (1–3 YEARS)

Maintain predictable schedules, set loving boundaries, and continue a calming bedtime routine.

Remember: Every child develops at their own pace. Sleep isn't about perfection—it's about finding an approach that works for your family.

NEED A LITTLE EXTRA SUPPORT?

DreamBird Sleep Consulting provides personalized, evidence-based sleep guidance for newborns, infants, toddlers, and young children.

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