





Healthy Bedtime Habits

Encourage your child to build positive sleep habits with our recommended guidelines and tips!



Recommended Sleep Hours:



🕙 14 - 17 hours



12 - 15 hours



11 - 14 hours



10 - 13 hours



9 - 11 hours



Tips to help them sleep better:



Wind Down with a Routine

Help your child stick to a routine they can complete within an hour.

3-6 years old

WAT



Avoid screens before bedtime

Encourage screen-free time at least an hour before bed to support better sleep.

7-12 years old



Create a consistent bedtime schedule



STEP 1

Share the importance of sleep



STEP 2

Ask them what a fair bedtime is



STEP 3

Set a bedtime that you two can agree on

3-12 years old

An initiative of

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