

THE TODDLER Sleep GUIDE

12-48 months



As your toddler starts becoming more independent, it's tempting to think of her as "beyond babyhood", but keep in mind that your toddler still needs a lot of attention, a lot of cuddling, and a lot of sleep. If you regularly have to wake your toddler in the morning, it could be a sign that she isn't getting enough sleep.

HOW MUCH is enough?

Toddlers need between 12 and 14 hours of sleep in total – usually 11 to 12 hours at night and another one to three hours during the day.

Some parents decide to switch from a cot to a toddler bed at the two-year mark, especially if they need the cot for a new baby. But switching your toddler to a bed at too early an age could be disruptive and cause a setback. You may want to wait until your toddler is almost three years old before switching to a "big kid" bed.

TIME FOR a toddler BED?

CHANGES to sleep patterns

Your toddler's sleep patterns will change throughout the next year. For example, between one and two years, your toddler may give up her morning nap. And, although most toddlers will have learned to sleep through the night, change and stressful events (a trip, illness or new baby, for example) could cause temporary setbacks.

If your toddler has just started nursery or preschool, her naptime may be shifted to accommodate the needs of the entire group of children. And because your toddler will need to get up at a set time each morning, it's especially important to ensure that she is getting enough sleep at night.

NURSERY and preschool can affect your TODDLER'S SLEEP



Johnson's[®]
baby

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CREATE A sleepy time routine

If you haven't already, now's the time to create a nighttime routine that will help your toddler fall asleep on her own. If you follow the same nighttime routine, your child will feel more relaxed in knowing what's coming next. And try to keep regular naptimes for your toddler. Restricting naps won't help your toddler sleep better at night.

save the best for last

The last thing in your child's routine should be her favourite. Save snuggle time, reading stories, or playing a quiet game for last. This will encourage your child to head right to bed. To learn more about creating a nighttime routine that will help your toddler sleep better, visit :

www.johnsonsbaby.co.uk/sleep-centre
www.johnsonsbaby.ie/sleep-centre



JOHNSON'S® Baby Bedtime Bath™ & JOHNSON'S® Baby Bedtime Lotion™ are enriched with NATURALCALM™ aromas, a unique blend of relaxing aromas. When used as part of the unique, clinically proven JOHNSON'S® Baby 3 step nighttime routine*, they can help babies fall asleep easier and sleep through the night better.

* tested on babies 7 months +

IDEAS FOR a successful nighttime routine

Keep it short and sweet – 20 to 45 minutes tops. Keep your toddler's bedroom dark, cool, and quiet; a night-light is fine. Likewise, during the day, allow time for your toddler to wind down before naptime. Your toddler's routine should include three main steps:

Step 1. Bath



Step 2. Massage



Step 3. Quiet time



Your night time routine can also include changing into pyjamas, reading books together, sharing a song, or whatever works best for you and your toddler.

More tools & advice to help your toddler sleep better



Visit JohnsonsBaby.co.uk/Bedtime or JohnsonsBaby.ie/Bedtime for more great resources to help your toddler sleep better. Watch our how-to video guides, see the video diaries of other mums who have been through the same sleep struggles as you, and try the customised Sleep Profiler – offering tailored advice especially for your toddler.

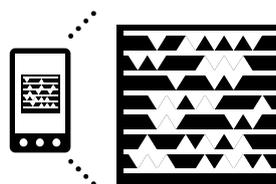
Learn more about the clinically proven* JOHNSON'S® Baby Sleep Routine today, at JohnsonsBaby.co.uk/Bedtime or JohnsonsBaby.ie/Bedtime

Scan the tag to play our bedtime lullabies.

If you're a smartphone user, try playing our bedtime lullabies from your mobile to help get your baby quietly off to sleep. Simply download the free app from Microsoft® at <http://gettag.mobi> to scan**

*tested on babies 7 months+

**Microsoft® Tag Reader is an online application. It uses your phone's data plan - normal charges apply.



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