



# Easy Steps to Better Sleep: 1 to 3 Year Old Toddler

## WHAT IS SLEEP LIKE FOR YOUR CHILD AT THIS STAGE?

Good sleep is essential for every child as sleep has a significant impact on learning and behavioural development. Adequate sleep quantity and good sleep quality contribute to optimal brain function and the overall growth and health of your child. When your child sleeps well, it also reduces the disruptions to your family's sleep.



It is important that your child's good sleep practices are reinforced at this stage as he/she will undergo various developmental milestones which could affect his/her sleep.

## SLEEP PATTERNS

- Children in this phase would sleep an average of 11 to 13 hours over a 24-hour period, inclusive of 1 to 2 daytime naps lasting a total of 2 to 3 hours.<sup>1</sup>

<sup>1</sup> Mindell, J. A., & Owens, J. A. (2015). *A Clinical Guide to Pediatric Sleep: Diagnosis and Management of Sleep Problems*. Wolters Kluwer Health.



## DEVELOPMENTAL MILESTONES IN YOUR CHILD

- At this age, your child would experience significant development in the areas of gross motor, cognitive, language and social/emotional skills. His/her independent mobility, curiosity and increasing need for autonomy would often lead to limit-testing behaviours and hence, resisting sleep at bedtime.
- Children with separation anxiety may also experience increased bedtime resistance and problematic night wakings.

# SLEEP CHALLENGES

## Bedtime Resistance

### Presentation

- Resisting going to bed and/or demanding caregiver attention.
- Taking longer than 30 minutes to fall asleep.<sup>2</sup>



### Management

- Implement a sleep schedule with consistent bedtime and daytime naps. Avoid napping beyond 4pm.<sup>3</sup>
- Establish a consistent bedtime routine.
- If needed, allow your child to use the same transitional object (e.g., soft toy) at bedtime and naptime.
- Establish and enforce appropriate boundaries during bedtime. Put your child to bed drowsy but awake to allow your child to learn to self-soothe.
- Use positive reinforcement the following morning to reward your child's good behaviour at bedtime.
- Use of electronic devices and screens as part of the bedtime routine is strongly discouraged.



<sup>2</sup> Mindell, J. A., & Owens, J. A. (2015). *A Clinical Guide to Pediatric Sleep: Diagnosis and Management of Sleep Problems*. Wolters Kluwer Health.

<sup>3</sup> Mindell, J. A., & Owens, J. A. (2015). *A Clinical Guide to Pediatric Sleep: Diagnosis and Management of Sleep Problems*. Wolters Kluwer Health.

# NOTES

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## About the National University Centre for Women and Children

National University Centre for Women and Children (NUWoC) is a national university specialist centre that aims to empower women, children and their families to lead healthier lives. We provide comprehensive medical and surgical services ranging from pre-conception to child and maternal health.

NUWoC comprises the Department of Obstetrics & Gynaecology (O&G) and Khoo Teck Puat – National University Children’s Medical Institute (KTP-NUCMI) of National University Hospital. It focuses on the right-siting of appropriate services in the community and builds complementary services in National University Health System’s (NUHS) centres of excellence – Ng Teng Fong General Hospital and Alexandra Hospital.

Through a generous gift from the Estate of Khoo Teck Puat, KTP-NUCMI established an integrated outpatient facility with medical, diagnostic and rehabilitation services for children. We are also the only public specialist centre in Singapore that offers paediatric kidney and liver transplant programmes.

For more information about us, visit [www.nuh.com.sg/NUWoC](http://www.nuh.com.sg/NUWoC)

### Children’s Emergency (24-hr)

Location NUH Main Building, Zone F, Level 1  
 Contact +65 6772 5000

### KTP-NUCMI

Location NUH Main Building, Zone E, Level 2  
 (Accessible via Kent Ridge Wing, Zone C, Level 2, Lift Lobby C)  
 Operating Hours 8.30am – 5.30pm (Mon to Fri), 8.30am – 12.30pm (Sat)  
 General Enquiry +65 6772 5736  
 Appointment Line +65 6908 2222  
 Email [ktpnucmi\\_appt@nuhs.edu.sg](mailto:ktpnucmi_appt@nuhs.edu.sg)

### 9a Viva-University Children’s Cancer Centre

Location NUH Medical Centre, Zone B, Level 9  
 Operating Hours 8am – 5.30pm (Mon to Fri)  
 Appointment Line +65 6772 5030  
 Email [cbccappt@nuhs.edu.sg](mailto:cbccappt@nuhs.edu.sg)

### NUH Children’s Urgent Care Clinic @ Bukit Panjang

Location Junction 10, #01-22  
 Operating Hours 9am – 11pm daily (including public holidays)  
 General Enquiry +65 6219 1538  
 Email [childreucc@nuhs.edu.sg](mailto:childreucc@nuhs.edu.sg)

### NUH Child Development Unit @ JMC

Location Jurong Medical Centre, Level 2  
 Operating Hours 8.30am – 5.30pm (Mon to Fri)  
 Appointment Line +65 6665 2530 / 2531  
 Email [cdu@nuhs.edu.sg](mailto:cdu@nuhs.edu.sg)

### NUH Child Development Unit @ Keat Hong

Location Keat Hong Community Club, #03-01  
 Operating Hours 8.30am – 5.30pm (Mon to Fri)  
 Appointment Line +65 6769 4537/4637  
 Email [cdu@nuhs.edu.sg](mailto:cdu@nuhs.edu.sg)

### Clinic A22 NUWoC Children’s Clinic @ NTFGH

Location Ng Teng Fong General Hospital  
 Tower A – NTFGH Clinics, Level 2  
 Operating Hours 8.30am – 5.30pm (Mon to Fri)  
 Appointment Line +65 6908 2222  
 Email [appointment@nuhs.edu.sg](mailto:appointment@nuhs.edu.sg)

## Our Patient Care Institutions

National University Hospital  
Ng Teng Fong General Hospital &  
Jurong Community Hospital  
Alexandra Hospital  
National University Polyclinics  
Jurong Medical Centre  
National University Cancer Institute, Singapore  
National University Heart Centre, Singapore  
National University Centre for Oral Health, Singapore  
NUHS Diagnostics  
NUHS Pharmacy



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OneNUHS Hotline: (65) 6908 2222  
OneNUHS General Enquiries: [contactus@nuhs.edu.sg](mailto:contactus@nuhs.edu.sg)  
OneNUHS Appointments: [appointment@nuhs.edu.sg](mailto:appointment@nuhs.edu.sg)  
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