

## Sharing Thoughts About Sleeping and Nap Time

### Dear Families:

Every young child needs enough sleep during the day and at night for healthy growth and development. When children are rested, they enjoy and benefit from learning opportunities throughout the day. When your baby was born, you may have expected him to sleep easily. Many babies do, but sleeping is sometimes difficult for others. Your infant needs you to figure out how to comfort him and help him relax into sleep. As his needs and preferences change when he gets older, it will still be very important for you to respond to his changing patterns. Sharing information will help us make sure that the sleeping routine we offer at the program is consistent with the care you provide at home.

### How We Can Work Together

- **Let us know your child's preferences.** We are helped by knowing what works or does not work at home. Does your baby fall asleep quickly, or does she take some time? Is there a special lullaby you sing or words your child is used to hearing at bedtime?
- **Keep us informed about any changes in your child's sleeping patterns.** When we know that your child's pattern has changed at home, we can adapt his schedule at the program. We will share the same information with you so we can both plan better. For example, if we know that your child did not sleep well the night before, we can offer an early nap if necessary. If you know your child took a long nap and is well rested, you may decide to vary your routine instead of going straight home. Please let us know if you have concerns about your child's sleeping schedule at our program. For instance, please tell us if you think he is sleeping too little or too much.
- **Bring special items that comfort your child.** If your child has a special blanket or other object that makes falling asleep easier, please bring it to the center. Please label it with your child's name and make sure we have it every day. We will take care that it does not get lost and help you remember to take it home at night.
- **Always put your baby to sleep on his or her back.** This is a recommendation of the American Academy of Pediatrics to help prevent Sudden Infant Death Syndrome, or SIDS. You can check on the latest recommendations of the American Academy of Pediatrics by reading their Web site or asking us for this information. We will be happy to share what we have learned with you.

We appreciate your help. Together, we can help make sleeping and nap time a pleasant and restful experience for your child.

Sincerely,