



Children's  
Sleep Clinic

## Pre-Schooler's Sleep



Your baby's rapid maturation into a child makes this a fascinating period. Naturally, there are changes that can benefit sleep, but there are also some that can impact on sleep, although this is usually temporary.

### ONE YEAR TO 18 MONTHS

#### During this period your toddler:

- Will drop to one nap a day, consolidating all their daytime sleep into one longer period generally after lunch.
- May develop minor fears, for example, of animals and loud noises.
- Can become strongly attached to one parent in particular.
- May have tantrums when frustrated.
- May suffer separation anxiety and is upset when you leave the room – this can become more heightened at 18 months.



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- Understands their own name and simple commands such as 'bring that to mummy/daddy'.
- Starts running, climbing and walking up and down stairs holding on.
- Likes listening to stories.
- Has vocabulary of about ten words by 18 months and can understand a lot more than they can say.

## TWO TO THREE YEARS



### During this period your child:

- May have dreams and nightmares.
- May become fearful of the dark.
- Resists parents' requests.
- Becomes more independent.
- Move to a bed.
- Reduces, and may stop napping completely.



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## THREE TO FOUR YEARS



### During this period your child:

- Starts to be dry in the night, so can come out of night nappies.
- Understands rewards.
- Can wait for short periods.
- Usually responds to limit setting.
- Asks lots of questions.
- Starts nursery



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## FOUR TO FIVE YEARS



### During this period your child:

- Starts school.
- Is very energetic and can be silly at times.
- Can express their anger in words.
- Has a better understanding of the concept of time and daytime activities such as dinner time and bedtime.
- Can understand and follow rules.
- Is starting to understand the feelings of others.

This article was written by:  
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