

Infant and Toddler Sleep Guide

Better Sleep, Happier Days



Tender Sleep Company

tendersleepco.com

Tired? You are not alone.

Parenting a little one is beautiful - but it's also exhausting when sleep isn't going well. If you've found yourself pacing the hallway at 2 a.m., googling "why won't my toddler sleep," or dreading bedtime battles each night, take a breath. You're in the right place.

This guide isn't about perfection, and it's not about quick fixes. It's about giving you the reassurance that your child can learn healthy sleep habits - and that you don't have to figure it out by yourself.

So before you dive in, give yourself permission to pause. Grab a cup of coffee, sit down, and know that change is possible.

Restful nights and easier days are closer than you think.

The Sleep Struggle is Real

Did You Know?

Most children under 3 wake multiple times per night - and many parents think it's just something they have to live with? Frequent night waking, short naps, and bedtime battles are common - but not inevitable.

You might recognize some of these moments:

- You finally get your child to sleep, only to hear them crying again an hour later.
- Naps are so unpredictable that you're nervous to plan anything during the day.
- Bedtime turns into a nightly battle of negotiations, meltdowns, and tears (sometimes yours).
- You're running on fumes, wondering if things will ever get easier.

This guide is here to help you understand why sleep matters, what's realistic for your child's age, and how small changes today can set the stage for restful nights tomorrow.



Why Sleep Matters

Healthy sleep is the secret ingredient to happier days

Sleep is more than just “rest.” For little ones, it’s the foundation of brain development, growth, and emotional balance. When children get the sleep they need, everything from their mood to their learning improves – and the whole family feels the difference.

- Sleep fuels growth and brain development.
- During sleep, children’s bodies release growth hormones, process new experiences, and strengthen memory skills.
 - *Tip: Protect naps and early bedtimes – those are prime times for deep, restorative sleep.*
- Overtired kids are harder to parent.
- Without enough sleep, kids become more prone to meltdowns, hyperactivity, and big emotions. Daily routines feel harder, and transitions take longer.
 - *Tip: Watch for early sleep cues – like rubbing eyes, zoning out, or getting unusually quiet – and move toward rest before overtiredness sets in.*
- When children sleep well, parents do too. Better rest means you’ll feel calmer, more patient, and more present – which makes family life lighter and more joyful.
 - *Tip: Try syncing some of your own rest or wind-down time with your child’s bedtime routine, so you’re not running on empty once they’re finally asleep.*

Realistic Sleep Expectations by Age (0–5 Years)

Healthy sleep looks different as your child grows - and that's okay.

Every stage of childhood comes with its own sleep rhythms. Restful nights are possible at every age, but what that looks like changes as your child grows. Understanding what's realistic helps set the right expectations—and reminds you that challenges are normal, not a reflection of your parenting.

12–24 Months (Toddler Stage)

Most toddlers nap once daily and sleep 10–12 hours at night. Boundaries and consistency become more important as independence grows.

2–3 Years (Early Preschool Stage)

Naps may phase out around age 3. Night sleep averages 10–12 hours. Common challenges include bedtime resistance, testing limits, or moving to a big-kid bed.

3–5 Years (Preschool Stage)

Most children no longer nap by age 5, though some benefit from quiet time. Night sleep remains important—10–12 hours is ideal. A predictable bedtime routine helps kids handle occasional late nights or changes.

Remember: Sleep struggles are common, but they don't have to last. By building healthy sleep habits early on - or introducing sleep training when the time if troubles persist - you can help your child develop the skills they need for consistent, restful sleep as they grow.

What Sleep Training Really Is

Think of It as Sleep Teaching, Not Training

Sleep training is about teaching your child independent sleep skills through structure, predictable routines, and gentle methods that fit your family.

Tips & Tricks to Set the Stage:

- Keep bedtime simple and predictable (like bath, book, cuddle, sleep). Doing the same steps every night signals to your child that it's time to rest.
- A dark, cool, and quiet environment helps kids fall asleep faster and stay asleep longer. Consider blackout curtains, a white noise machine, and a comfy sleep space.
- Babies and toddlers thrive on predictability. Aim for a similar bedtime each night - even on weekends.
- Commitment Now = Flexibility Later – When you commit to healthy sleep in the short term and stay consistent with routines, you're building habits that last. As your child grows, this strong foundation
- makes it easier for them to handle the occasional late bedtime or a night away from home, while still returning to solid sleep.



Ready for Restful Nights?

This guide is just the beginning.

Every child is unique, and sometimes a little tailored guidance makes all the difference. With the right support, your family can experience restful nights, easier days, and a thriving, well-rested child.

Imagine bedtime without battles, mornings that start with smiles instead of meltdowns, and the energy to actually enjoy your days together.

You deserve that - and so does your little one. Let's take the next step toward calmer nights and brighter days, together.

I can tailor sleep solutions for your family so everyone can get the rest they deserve - so you can thrive, not just survive.

Explore service packages and take your first step towards peaceful nights and confident parenting. Support is just a click away—because better sleep really is possible for every family.

[Tendersleepco.com](https://tendersleepco.com)

Still unsure?

Click below



**Book A Free
Sleep Assessment Call**



Tender Sleep Company

tendersleepco.com