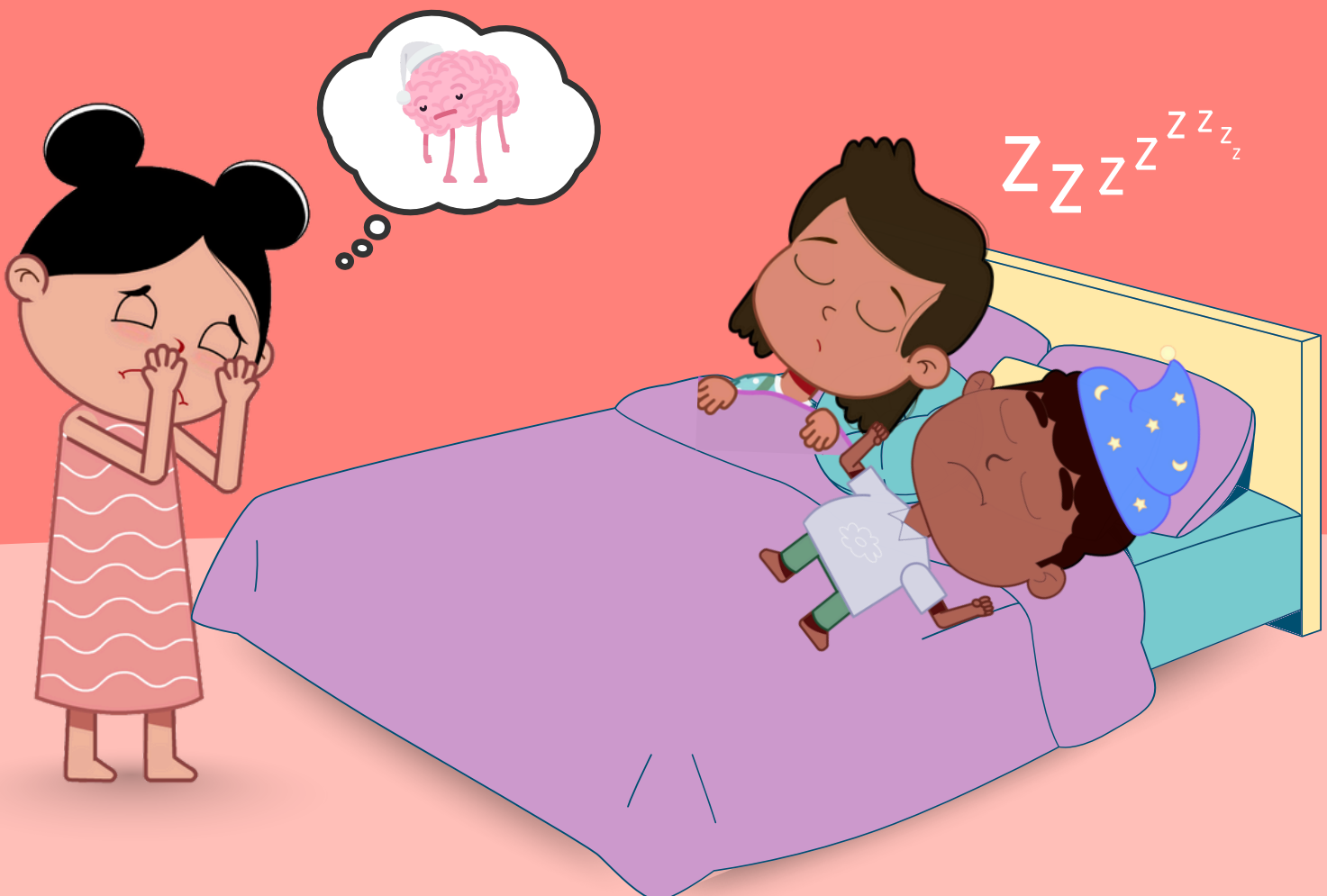
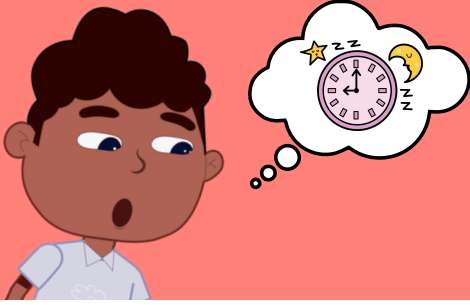


BETTER SLEEP, CALMER NIGHTS: A GUIDE FOR PARENTS

Practical Tools & Strategies by Age Group (Ages 2–8)





Ages 2–4: Foundations of Sleep

Sleep Needs: 11–14 hours/day (including naps)

Common Challenges: Separation anxiety, bedtime resistance, night wakings

🌙 What Helps:



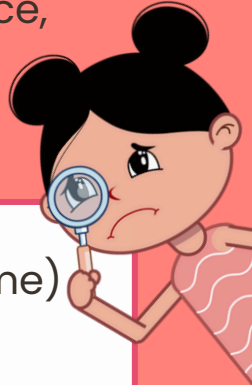
- **Predictable Routine** (Start 30–45 mins before bedtime)
Bath → Pajamas → Book → Lights Out



- **Comfort Object:** A soft toy or blanket that stays in bed.



- **Visual Routine Charts:** Help toddlers follow steps without reminders.
- **Limit Stimulation:** No screens or rough play 1 hour before bed.



🧰 Tools:



🔗 **Bedtime Books**

Routine Cards:
Brush teeth, story time, etc.

Soothing Sound:
Gentle music or white noise

💡 **Tips:** Keep your response to night wakings calm and brief. Praise them in the morning for staying in bed through the night.

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Ages 4–6: Transitioning Independence

Sleep Needs: 10–13 hours/night

Common Challenges: Nightmares, stalling tactics, early waking

What Helps:



- **Choices Within Structure:** Let them pick pajamas or which story to read.



- **Quiet-Time Wind Down:** Drawing,  puzzles, or simple conversations.

- **Evening Calm Routine:** Breathing games, body stretches, or “3 things you’re thankful for.”



- **Fixed Wake Time:** Keep wake-up time within a 30-minute window daily.



Tools:


Breathing Prompts:

“Smell the flower,
blow the candle”

Gentle Music Playlist

Drawing Journal:

Use for post-dream
sketches or quiet
expression

 **Tips:** Offer reassurance without reinforcing fears (“You’re safe, and I’m nearby.”)

Use gentle reminders instead of lectures if they resist bedtime.



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Ages 6–8: Building Ownership

Sleep Needs: 9–12 hours/night

Common Challenges: Stress from school, delaying bedtime, asserting independence

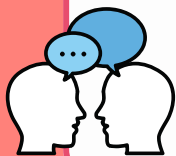
What Helps:



- **Routine Ownership:** Let them create or check off their own bedtime steps.



- **Wind-Down Hour:** Board games, quiet reading, no screens.
- **“Worry Time” Earlier in the Evening:** Create space to talk before the bedtime clock starts.



- **Flexible Boundaries:** Give small choices (“Lights out at 8:15 or 8:30?”)




Tools:

Routine Tracker:
Helps them build consistency



Audio Sleep Stories or music

Creative Expression:
Let them design their “ideal bedroom” on paper

 **Tips:** Connect better sleep to what they care about: energy for sports, play, and school. Don’t reward staying up late- keep the rhythm even if weekends are flexible.



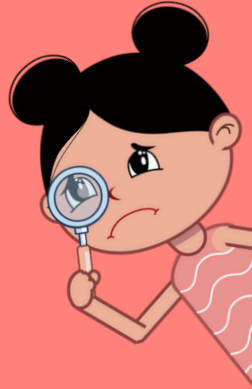
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✨ Across All Ages: What Stays Constant

- ✓ Same bedtime each night
- ✓ Cool, quiet, dark room
- ✓ Avoid big meals/sugar before bed
- ✓ No screens 1 hour before sleep
- ✓ Treat sleep as a skill, not a punishment



Note for Parents

Consistency is key, and small, repeated bedtime routines go a long way in creating long-term sleep habits.

However, disruptions are normal — teething, growth spurts, illness, travel, or new milestones can affect sleep temporarily.

If sleep issues persist, it's always a good idea to check in with your pediatrician to rule out underlying causes and get personalized guidance.

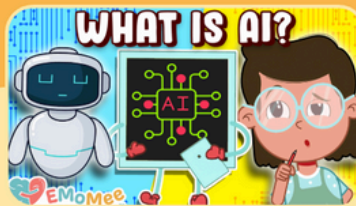
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About Emomee:

EMoMee on YouTube



Emomee blends cartoons to turn everyday moments into meaningful learning for young children. Through bite-sized animated episodes our characters- E, Mo & Mee - guide kids through big questions like “Who invented toothbrushes?” and “What if we never wash our hair?”, while also helping them build everyday habits like brushing teeth, sharing, and tidying up. With storytelling that’s both fun and emotionally rich, Emomee makes growing up feel like an adventure.



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