

Good Rest Is Best

Children need lots of rest to stay healthy.

It is suggested that not getting enough sleep may be linked to obesity. Sleep is particularly important for brain development and energy. Make sure your child gets the right amount of sleep each day.

INFANTS:

- Birth–2 months need 12–18 hours/day
- 3–11 months need 14–15 hours/day

TODDLERS/CHILDREN:

- 1–3 years need 12–14 hours/day
- 3–5 years old need 11–13 hours/day
- 5–10 years old need 10–11 hours/day

BEDTIME ROUTINE:

- Give children time to relax before bedtime.
- Go to bed and wake up at the same time every day.
- Sleep in a quiet, dark, and relaxing environment.
- Read a story or sing a lullaby.
- Remove distractions, including TVs, computers, and other “gadgets” from the room where children sleep.

Sleep time recommendations are from the Centers for Disease Control & Prevention (CDC)



ABCs of Safe Sleep for Infants

Babies are safest:

- Alone,
- On their Backs,
- In a safety-approved Crib

Concept developed by the Baltimore City Health Department

Developed by Healthy Children Healthy Weights at Columbus Public Health

For information about these materials visit www.publichealth.columbus.gov

