

Comment favoriser un meilleur SOMMEIL?



naître
"grandir

Je vais venir te chercher après la collation. À la maison, on jouera ensemble et après, on soupera.

Dites à votre enfant ce qui est prévu pour lui aujourd'hui

Avoir des journées prévisibles l'aide à s'endormir le soir. Sans être rigide sur l'heure des activités, donnez-lui des repères dans le temps. Cela augmente son sentiment de sécurité, ce qui favorise le sommeil.



Remplissez son « réservoir émotionnel »

Votre tout-petit a besoin de passer du temps avec vous pour combler son besoin d'attention. Mieux vaut lui accorder du temps avant la routine du dodo. Sinon, il peut étirer l'heure du coucher juste pour être avec vous.

Dormir permet de grandir, de passer une belle journée et d'apprendre des choses.



Parlez de façon positive du sommeil à votre enfant

Cela l'aidera à voir le sommeil comme quelque chose d'agréable et d'important. Dites par exemple : « Ça fait du bien de se reposer. Moi, j'aime dormir parce que... Et toi ? »

Assurez-vous d'éteindre les écrans au moins une heure avant le dodo

L'exposition aux écrans le soir nuit au sommeil. Limitez aussi les écrans durant la journée pour laisser plus de place aux activités physiques. Pour bien dormir, votre enfant a besoin de bouger.



Commencez la routine du dodo avant les signes de fatigue

Bâillements, yeux qui rougissent, surexcitation, agressivité, pleurs, etc. Votre enfant s'endormira plus facilement s'il fait sa routine avant l'apparition de ces signes.



Faites une courte routine du dodo d'environ 15 minutes

Une routine prévisible et rassurante prépare votre enfant au sommeil, car il sait à quoi s'attendre. Assurez-vous aussi qu'il n'a pas faim, soif ou envie afin d'éviter des demandes à répétition.



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