



Yes to Rest

sleep coaching

Sleep Tips for Babies, Toddlers & Children

BROUGHT TO YOU BY:
Lori Steele- Starr
Yes to Rest Sleep Coaching



Sleep troubles are a thing of the past!

I'M HERE TO HELP YOUR FAMILY GET THE REST YOU NEED!

While some children are wired to run off less sleep than others, the National Sleep foundation suggests these guidelines:

up to 2 months old 10.5 – 18 hours

3 to 12 months 9.5 – 14 hours

1 to 3 years 12 – 14 hours

3 to 5 years 11 – 13 hours

5 to 12 years 10 – 11 hours

TIPS FOR BABIES, TODDLERS & CHILDREN:

- Swaddle your baby
- Dreamfeed
- Limit naps throughout the day
- Use white noise
- Follow the eat, wake, sleep cycle
- Have a bedtime routine in place
- Lay your baby down drowsy
- Make sure your child gets lots of outdoor activity and sunlight throughout the day
- Avoid electronics before bedtime
- Make your child's room a dark, quiet, cool environment
- Establish a nightly routine(warm bath, read books, sing songs) take time to connect with your child each night
- When you begin the nightly routine slow your routine down and bring down the activity level
- Don't rush in when they call for you....have patience and give them time to put coping skills in place

Hi, my name is Lori Steele-Starr



I am a certified Sleep Coach who helps tired young parents get their baby on a healthy sleep schedule so the whole family can get the sleep they need and want!

As an early childhood teacher for over 25 years and with 2 adopted children of my own, I understand the need for a consistent sleep schedule, and the frustration that can come along with it! With that, I became a certified Sleep Coach with the Cradle Coach. I love being able to support and educate families on their journeys to better sleep and hope I can help you too!

Let's connect!:

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