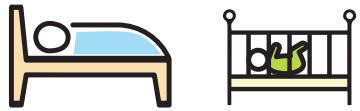


## Healthy sleep helps with healthy growth



Parents/caregivers should sleep in the same room as baby for the first 6 months. This can help with responding to hunger cues



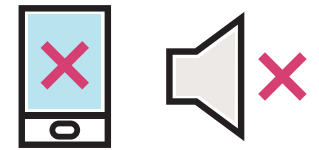
Infants from 4 to 12 months should get 12 to 16 hours of sleep in 24 hours (including naps)



Children from 1 to 2 years of age should get 11 to 14 hours in 24 hours (including naps)



Children need regular nap and bed times. Put them to bed at the same time every day and night.



Sleep Routine

- Have a quiet, device – free setting
- Turn off videos, loud devices, and bright screens before naps and bedtime