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## Sleepy Cues

Infants and toddlers may not be able to say, "I'm tired and would like to sleep now" but they have many ways to communicate when they are getting sleepy.

**Look for these sleepy cues:**

- ✓ Rubbing eyes
- ✓ Yawning
- ✓ Fussiness / crankiness
- ✓ Laying down
- ✓ Sucking fingers or pacifier
- ✓ Pulling ears
- ✓ Staring off into space- looking miles away
- ✓ For toddlers, may be more likely to tantrum or bite
- ✓ Being unusually active

