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When Sleep is a Problem

Sometimes a baby or toddler has a lot of trouble sleeping. You and the parent may feel you have tried everything. Maybe it is time to consult with your program nurse, look into community resources, or work with a pediatrician. It can be useful to document and share the child's sleep patterns, evening routines and diet. **You can offer to help parents by creating a "sleep journal" using these guidelines:**

- Ask parents to share times of waking and sleeping with you when they drop their child off.

- Include bedtime routines, what the child ate and drank, and what the sleep issues are.
- Write down when the child sleeps during the day while they are in your care.
- Note any medications the baby is using, even if they are over-the-counter.
- Keep the records for the parent to share with their pediatrician. The "sleep journal" will help the doctor figure out how to support the family.

