

Sleep Time Routine for Children Birth To Two

Personal, Social and Emotional Development	Physical Development	Communication and Language	Literacy	Mathematics	Understanding the World	Expressive Arts and Design
What adults provide and What adults do						
<p>Encourage children to find own basket & fetch own sleep time comforter.</p> <p>Talk about being tired and feeling sleepy.</p> <p>Make eye contact with child when feeding bottle, gently stroke hand or face.</p> <p>Invite the child to have a cuddle, story or bottle before sleep.</p> <p>As children get older encourage them to take off own things. Give them time to do this.</p> <p>Acknowledge children's feelings.</p> <p>Follow child's normal day time sleep routine from home.</p>	<p>Note ways babies indicate they need a sleep.</p> <p>Note the way the child reaches out for comforter and cuddles or kisses it.</p> <p>Note the growing strength in holding own bottle.</p> <p>Note how they move, stretch, curl using fingers, hands.</p>	<p>Talking about sleep time routines.</p> <p>Talk about what's going to happen and listen and mirror back language used.</p> <p>Note gestures and words babies/ toddlers use to indicate they may need a sleep.</p> <p>Echo and tune into the baby's/ child's signals.</p>	<p>Sing favourite lullaby.</p> <p>Make up short stories.</p> <p>Use different voices while singing or telling stories.</p> <p>Use fingers to point to items needed.</p>	<p>Count socks and shoes, fold clothes in half.</p> <p>Play matching games with clothes eg, shoes, socks.</p> <p>Introduce words to describe the patterns on clothes.</p> <p>Count items such as teddies in sleep area.</p> <p>Talk about the smallest or the biggest teddy.</p>	<p>Play naming games starting at head, toes, fingers etc., moving on to elbows, wrists ankles etc.</p> <p>Learn about key children's established sleep routines.</p> <p>You have milk before a sleep, milk comes from a cows.</p>	<p>Talk about the paintings or pictures in the sleep area.</p> <p>Rhymes and songs.</p> <p>Talking about the colour / pattern of clothes.</p>
What children learn						
<p>Seek comfort from familiar adults</p> <p>That experiences can be shared.</p> <p>Develop self-help skills & confidence in own abilities.</p> <p>To feel safe, secure and thrive when needs are met.</p>	<p>Develop physical skills needed for dressing and undressing</p> <p>Learning to recognise when they need to sleep.</p> <p>Understand their feelings.</p>	<p>Listening skills – responding to what's being asked.</p> <p>Understand that a conversation is a two-way process</p> <p>To use gestures and words to indicate they need sleep.</p>	<p>Words to songs and rhymes.</p> <p>Encouragement to use words, sounds and gestures.</p>	<p>An awareness of numbers and counting</p> <p>One-to-one correspondence "my basket" "baby's basket".</p>	<p>How objects feel.</p> <p>Show curiosity and interest in their bodies and bodily processes.</p>	<p>To be creative with words.</p> <p>To become more aware of patterns in everyday objects.</p>