

appropriately counsel parents and address their concerns. Little research has been performed in children on many over-the-counter herbal medicines, yet some herbs are known to cause harm in children ([Kemper and Gardiner, 2016](#)). Parents should be cautioned not to exceed the upper limits of vitamin intake according to the new DRIs.*

Sleep and Activity

Total sleep decreases only slightly during the second year and averages about 11 to 12 hours a day. Most children take one nap a day but may relinquish this habit by the end of the second or third year.

Toddlers are more prone to having bedtime resistance (refusal to go to bed) and frequent night waking. Fears can be provoked by a child's daily stressors, such as pressure to toilet train, moves, sibling birth, experiences of loss, or separation from parents. A recent study found that a consistent nightly bedtime routine is associated with better sleep patterns, such as shorter sleep onset latency, decreased waking, longer total sleep, and decreased daytime behavior problems ([Mindell, Li, Sadeh, et al, 2015](#)). In addition, providing transitional objects, such as a favorite stuffed animal or blanket, can ease the child's insecurity at bedtime (see [Fig. 11-2](#)). Children may need a light snack before bedtime; a heavy meal immediately before bedtime may interfere with sleep. Other suggestions to help small children sleep better include keeping the television out of the child's room, making the hour before bedtime a quiet time of reading stories, and avoiding stimulating activities, such as computer games and roughhousing ([Owens, 2016](#)). Toddlers no longer sleeping in a crib may come out of their rooms after being put to bed. Limit prolonged bedtime rituals by defining a length of time and set of activities (one more story, one more drink). Toddlers who are too immature to respond to the measures identified may need their doorways gated.

A toddler's activity level is high, and there is rarely a problem with too little physical exercise, provided inappropriate restrictions are not instituted. Recently, however, there has been concern that decreased time spent in actual physical play and more time involved with computers and television watching have increased