

## **Toddler Visit #15**

- 19 Month: Growth & Development
  - Bedtime

## **Topics for Next Visit**

- PIPE: Playing is Problem Solving

## Month 19: What's New?

Things I learned to do this month:

Learning about me...

*I am showing you my growing independence when I:*

enjoy playing alongside other children

willingly go to meet people I know

look at a picture book on my own

bring you a favorite book to read

watch other children play

want time to figure out a puzzle

### REMEMBER!

**Choking is a concern.  
I want to feed myself. I  
want to eat what you eat.**

**I can't chew very well. I  
still need soft solids. Please  
don't give me apples,  
grapes, or hot dogs. Or  
soft, sticky candy like  
gummy bears.**

Learning about you...

*Things you enjoy:*

*People you have fun with:*

*You encourage me by:*

*You solve problems by:*

## **Month 19: What's Next?**

### **At 19 months I might:**

- Try to dress myself. With some help from you.
- Struggle with rules. I want what I want. When I want it.
- Try sharing. But I'll need some help.
- Enjoy independence if I have a safe base.
- Sit myself in a small chair.
- Hold a thick crayon and scribble.
- Laugh if you call something by the wrong name.

### **You can help me learn!**

- Praise me just for trying. Even if I'm not successful.
- Encourage me to keep trying. Guide me a little so I can be successful.
- Let me try things for myself. Give me a little time before you show me what to do.
- Teach me about sharing. Like how to take turns. Or setting a timer to help me learn to wait to take my turn.

### **SAFETY CHECK**

**I am learning to climb.  
I will use chairs. I will  
use anything I can move  
around. Then I can climb  
up to get what I want.  
I might do it when you  
aren't looking. So keep  
a close eye on me!**

## Dads and Bedtime

One of the most special times as a father is when your child falls asleep in your arms. It shows love and trust. This special time doesn't have to end when your child is a toddler!

Think about taking over the bedtime routine some of the time. This is good for you. It lets you spend time with your child. It's good for your child's mother. It gives her a little break. And it's good for your child! Studies show that kids with involved dads mostly do better in life. Involved dads have kids who are:

- Confident
- Secure
- High in self-esteem
- Able to handle stress



### Why read bedtime stories?

Want your child to be a good reader? Read to them! When dads read to their children, the children become better readers. Dads are role models. Seeing Dad reading helps kids know they can enjoy reading, too.

You don't have to read only children's books. You could read books, magazines, comic books... anything you enjoy. Or just look at the pictures and talk about them with your child.

### Tips for Bedtime

- Keep a bedtime routine. Set a consistent bedtime and sleeping place. This helps your child get into a cycle. Your child will fall asleep more easily.
- Help your child calm down before bedtime. Don't watch TV or play on the computer. Don't play rough or exciting games. Try reading, drawing, or playing quietly for a couple of hours before bedtime.
- Get your child in the mood for sleep. Tell a bedtime story or put on some soft music. This helps your child calm down. It gets your child ready for sleep.

### What I will do...

## Good Night, Sleep Tight!



### Did you know...



- Your toddler needs about 12 hours of sleep each night.
- Toddlers often take just one nap a day.
- Toddlers don't want to go to bed at night! They are very social. They want to be with you.
- A bedtime routine can make bedtime fun. Bedtime routines should last about 30 minutes. Keep the same bedtime and same sleeping place. Follow the routine each night. Children find comfort in routines. Bedtime routines could include:

- Quiet playtime
- Getting undressed
- Taking a bath
- Brushing teeth
- Talking about the day
- Reading a story
- Hugs and kisses

Don't cancel your bedtime routine if your child does not behave. A bedtime routine can help prevent or stop mischief at bedtime.

- Toddlers have very real nighttime fears. To deal with these fears you could:
  - Put a nightlight in the room
  - Hold or hug your toddler
  - What else could you do? \_\_\_\_\_
- Toddlers have nightmares. These are more intense than nighttime fears.
  - Children having a nightmare may cry and be upset. They might not even wake up.
  - Gently wake your child to end the nightmare.
  - Something scary during the day could lead to nightmares at night.

## When Your Toddler Wakes Up at Night...

Sometimes your toddler wakes up after going to bed for the night. Here are some steps that may help your child go back to sleep.



**1** Look at the time when your toddler begins to fuss.\* Wait about 5 minutes. Give the child time to calm down.

**2** If your toddler does not quiet in 5 minutes, go into the room. Just stand quietly for 30-60 seconds. Leave the room. Resist talking to or touching your toddler.

**3** *The first night...*

If child keeps crying, repeat this routine until your toddler falls back to sleep.

This may take 1 or 2 hours.

**4** *The next night...*

Wait 7-10 minutes between quiet visits to the room.

Your toddler should be sleeping better within a week. If not, talk to your nurse home visitor or the doctor.

\* If your child is fussy at night, be sure there are no signs of illness.

*What I think of this method...*