



Healthy Sleep: Birth to 12 Years

SLEEP GUIDELINES

- Infants 4 months to 12 months should sleep 12 to 16 hours (including naps) during each 24 hour day.
- Toddlers 1 to 2 years old should sleep 11 to 14 hours (including naps) during each 24 hour day.
- Preschoolers 3 to 5 years old should sleep 10 to 13 hours (including naps) during each 24 hour day.
- Children 6 to 12 years old should sleep 9 to 12 hours during each 24 hour day. Children this age typically do not nap.
- Teens 13 to 18 years of age should sleep 8 to 10 hours during each 24 hour day.

Adequate sleep is associated with improved attention, behavior, learning, memory, emotional regulation, quality of life, and mental and physical health.

“American Academy of Pediatrics Supports Childhood Sleep Guidelines” . American Academy of Pediatrics. www.aap.org/en-us/about-the-aap/aap-press-room/pages/American-Academy-of-Pediatrics-Supports-Childhood-Sleep-Guidelines.aspx

The Temperament Assessment Scale for Children

By answering the following questions, you can increase your understanding of the temperaments of the children you serve.

Activity Level						
<i>How much does the child wiggle/move when being read to or sitting at a table?</i>						
High Activity	1	2	3	4	5	Low Activity
Regularity						
<i>Is the child regular about eating times, sleeping times, bowel movements, etc?</i>						
Regular	1	2	3	4	5	Irregular
Adaptability						
<i>How quickly does the child adapt to changes in schedule/routine, or to new food and places?</i>						
Adapts Quickly	1	2	3	4	5	Slow to Adapt
Approach/Withdrawal						
<i>How does the child usually react to new people, foods, toys, and activities?</i>						
Initial Approach	1	2	3	4	5	Initial Withdrawal
Physical Sensitivity						
<i>How aware is the child of slight noises, slight differences in temperature, differences in tastes or clothing?</i>						
Not Sensitive	1	2	3	4	5	Very Sensitive
Intensity of Reaction						
<i>How strong are the child's reactions? Does he laugh and cry energetically, or smile and fuss mildly?</i>						
High Intensity	1	2	3	4	5	Mild Reaction
Distractibility						
<i>Is the child easily distracted, or does s/he ignore distractions?</i>						
Very Distractible	1	2	3	4	5	Not Distractible
Mood						
<i>How much of the time does the child show pleasant behavior compared with crying/fussing behavior?</i>						
Positive Mood	1	2	3	4	5	Negative Mood
Persistence						
<i>How long does the child continue with one activity? Does s/he continue if it is difficult?</i>						
Long attention span	1	2	3	4	5	Short attention span