

SLEEPING AND QUIET TIME

At about age four, children do not want to take a nap anymore. However, a quiet time, as talked about in the toddler unit, is still important to help the child relax during his/her busy day. It also teaches him/her how to be quiet and do quiet activities.

It is also about this age that boys and girls should have separate bed rooms. It is suggested that each child have his/her own bed.

The preschooler needs about 10-12 hours of sleep each night. A typical bedtime is around 8:00-9:00 p.m., making wake-up time about 7:00-8:00 a.m.

Preschoolers become more skilled at negotiating to stay awake longer. Parents need to remain fairly consistent about the bedtime routines to prevent this problem.