

*Is your child getting
enough sleep?*

AGE

HOURS

4-12 MONTHS (INFANT)

12-16 HOURS

1-2 YEARS (TODDLER)

11-14 HOURS

3-5 (PRESCHOOL)

10-13 HOURS

*INCLUDES NAPS

WWW.BABYNEEDSSLEEP.COM

Baby Needs Sleep



Consulting