Sleep is important for healthy development but it takes time for young children to develop regular sleep patterns. Serve & Return interactions can help your child get the rest they need and learn healthy sleep habits.

**How can you tell when your child is tired? What kinds of serves do they give?** They might rub their eyes, yawn or start to fuss. Their eyes might start to droop. Some young children actually appear overly active or “wound up” when they’re tired. Kids won’t always tell you when they need to rest, so it’s helpful when you notice and share your child’s focus on these signs of sleepiness.

**What does Serve & Return look like when you’re putting your child down to sleep?** You might find opportunities to name during your naptime or bedtime routine. You might support your child by singing, rubbing their back or helping them get comfy.

**What does Serve & Return look like when your child wakes in the night?** How can you know when to soothe your child versus those times when they will fuss for a bit and then fall asleep on their own?

It’s never too soon to promote good sleep. Thinking about sleep in terms of Serve & Return can help you support your child’s development in this important area.

Website: https://www.thefindprogram.org/