

Helping Your Child to Fall Asleep and Stay Asleep 91

	New wake-up time	Average amount of sleep	New bedtime
Example child	7 a.m.	9 hours	10 p.m.
Your child			

Note: if your child's average sleep for the week is a strange number (e.g. 9.7 hours) round it down to the nearest half-hour (e.g. 9.5 hours).