Healthy sleep helps with healthy growth.

- **Birth – 2 Years**
  - **Healthy Sleep**
  - Your baby should sleep in the same room as you for the first 6 months. This can help you better respond to your baby's hunger cues.
  - Babies from 4 to 12 months should get 12 to 16 hours of sleep in 24 hours. This includes naps.
  - Children from 1 to 2 years should get 11 to 14 hours in 24 hours. This includes naps.
  - Children need regular nap and bed times. Put them to bed at the same time every day and night. Have a quiet room with no loud or bright devices or screens.
  - Turn off videos, loud devices, and bright screens before naps and bedtime.

For information on safe sleep for your baby, go to: safesleepforme.org