

Hôpital de Montréal
pour enfants

Centre universitaire
de santé McGill



Montreal Children's
Hospital

McGill University
Health Centre



Helping Your Toddler Sleep in a Hospital Crib

Your child is spending nights at the hospital during treatment. For their safety, children 3 years of age or younger must sleep in a crib. Going to sleep in their hospital crib might be harder for them than at home.

Did You Know?

- ★ Treatments can affect your child's sleep.
- ★ So can changes in routine.

What Can You Do?

- ★ Start early in the treatment process.
- ★ Create a new routine to help your child adapt to their new setting. Maintain limits around sleep.
- ★ Try to keep the same routine as at home. Have a bedtime but also a daytime routine (hospital routine).
- ★ Encourage your child to play in the crib for part of the day. This will help them get used to it and feel more secure in it.
- ★ Your child might cry a lot at bedtime. They are letting go of emotions they felt during the day. Tell your child their feelings are ok. You can say things like *"I know it's hard, but I'm here for you"* or *"I love you. It's safe for you to sleep here."*
- ★ Give your toddler a piece of mom or dad's clothing to sleep with. If you still breast-feed, you can put a bit of breast milk on it.
- ★ Try making the hospital room as comfortable as you can for sleeping. (For example, put a night-light if they are used to it, soft music, white noise, a toy or blanket for the crib.)
- ★ Keep in mind that it is a process.



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