

Bedtime Baby Bliss

Pediatric Sleep Consultants

Toddler Nutrition



Ensure your child's diet is rich in foods which support sleep neurotransmitters and melatonin, these need tryptophan and B complex vitamins. **Food rich in these are things like:**

- Turkey
- Chicken
- Nuts
- Bananas
- Oats
- Kidney beans
- Eggs
- Dairy

Ensure your child eats plenty of protein over the day as this helps stabilize blood sugars levels and prevent night time wake ups due to hypoglycaemia which will make the body produce adrenalin which is not constructive for sleep.


Zinc and iron deficiencies also impair sleep for children, **the following foods are great additions to your child's diet,**


- Sunflower seeds
- Sesame seeds
- Tahini
- Pumpkin seeds
- Lamb and beef

Omega 3 found in fatty fish also aid in babies/toddlers/children's sleep habits. Magnesium is a muscle relaxant, so if you notice restless legs in your child as they try to settle, try adding magnesium from green vegetables or an Epsom salt bath.

CONTACT US


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FOR MORE INFO

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