


THE IMPORTANCE OF SLEEP FOR YOUR CHILD



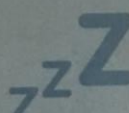
FAMILY WELLNESS PROJECT

SLEEP TIPS FOR KIDS

Take note of these tips for how to help improve your children's sleep

HAVE A REGULAR ROUTINE

Children sleep better when they have an established bedtime routine which you stick to every night - even on weekends!





REWARDS

Children react well to reward charts so if sleep is proving difficult get your child involved in creating one! Choose the most important sleep rule, such as staying in bed and in the morning allow them to add a sticker to their chart for attaining the goal.


PROMOTE POSITIVITY

Set a time earlier in the day when your child can talk through any worries, fears or anxieties that are causing them concern. Regardless of what has happened during the day remind your child of one thing they have done during the day that makes you proud. This will allow you both to finish the day on a positive note and leave your child with happy thoughts.




TIME

If your child has the ability to read the time place a clock in their bedroom so they can follow instruction on when they go to sleep and when they wake. With younger children use daylight as their guide to when it is time to sleep and when to wake.




LIMIT SCREEN TIME


This will allow your child to start the process of winding down. Electronic devices should be out down at least one hour before bedtime.



Find out more about the Family Wellness Project at: parentingni.org/family-wellness-project




COMMUNITY FUND




www.mentallywellschools.co.uk


SLEEP TIPS




Go to bed at the same time every night and wake up at the same time every morning.



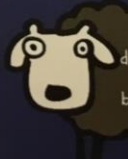
Do some exercise at some point in the day.



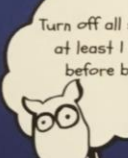
RELAX
Practise Progressive Muscle Relaxation or another relaxing meditation in bed before sleep.




Don't go to bed feeling hungry (or too full).




Keep electronic devices and TV etc. out of your bedroom at night.




Turn off all screens at least 1 hour before bed.




Keep electronic devices and TV etc. out of your bedroom at night.




Turn off all screens at least 1 hour before bed.




Turn off all screens at least 1 hour before bed.




Turn off all screens at least 1 hour before bed.




Turn off all screens at least 1 hour before bed.




Turn off all screens at least 1 hour before bed.




Turn off all screens at least 1 hour before bed.



Turn off all screens at least 1 hour before bed.



Turn off all screens at least 1 hour before bed.



Turn off all screens at least 1 hour before bed.