

Is your child struggling with bedtime/sleep?

Try to stick to **routine**. Put your child to bed at the **same time** each night, this will make the return to school easier too.

Set time aside in the day for children to have their own **quiet time before bed** in a quiet spot, reading a book or listening to some music.



Ensuring everyone has a good night sleep means **improved mood** and readiness to take on the day. **Explain** to your child why your body needs rest and time to relax.

Good snacks before bed such as bananas and milk help with sleep.



Reduce screen time before bed. It is possible that the light from electronic devices interferes with the body's internal clock.

The three Bs
Bath, book and bed routine allows children to unwind, create opportunities to talk and have one to one time before sleep.



Sleep is **as important** as nutrition and exercise. Sleep may help children fight obesity, avoid colds, and **learn/concentrate more easily**.



Have a **glow-stick bath**. Turn off the lights and add a few glow-sticks to the bath. This will relax them before bedtime and make bath time a novelty.



We are here to help!