



How to Help your Child to Sleep Better?



Plan for the Session

- ▶ Why sleep is important?
- ▶ Top Tips for improving your child's sleep environment
- ▶ Creating a bed-time routine
- ▶ Common issues and how to fix them

The importance of a good night's sleep for your child:



- Allows their body to rest, heal and grow
- Helps their brain to process the events of each day
- Regulate emotions & ability to cope with stress
- Improves their mood
- Boosts concentration and focus during the day
- Improves family relationships

If your child settles well and sleeps well, this also gives you a chance to rest, relax and recharge your batteries, ready for another busy day!



How much sleep does your child need?

Babies 4 to 12 months old

- 12 to 16 hours including naps

Toddlers 1 to 2 years old

- 11 to 14 hours including naps

Children 3 to 5 years old

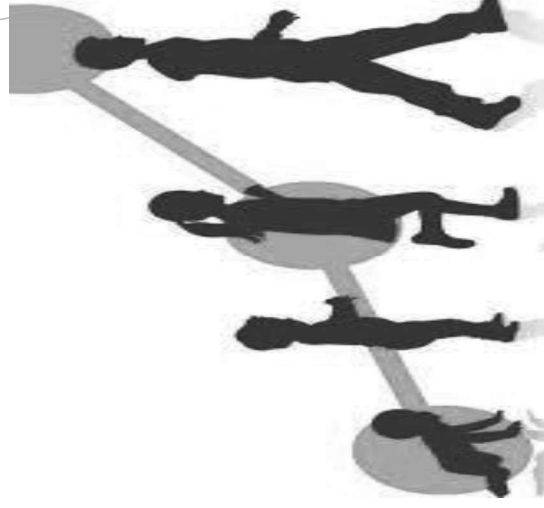
- 10 to 13 hours including naps

Children 6 to 12 years old

- 9 to 12 hours

Teenagers 13 to 18 years old

- 8 to 10 hours



TALK TO US

OFF
THE
RECORD

Why is sleep routine important?

- ▶ Teaches your child the order of events leading up to bedtime
- ▶ Gives your child clear messages about what is coming next
- ▶ Reduces bedtime anxiety
- ▶ Provides structure
- ▶ Offers your child reassurance





TOP TIPS!

Have a regular time
for your child to go
to bed and wake up

Create a
calming
bedtime
routine

Make sure your
child is not
hungry or thirsty
at bedtime

Fresh air and physical
activity during the
day - although
nothing too active
close to bedtime

Avoid food and drink
with caffeine or a high
sugar content,
especially in the hours
before bedtime

TALK TO US

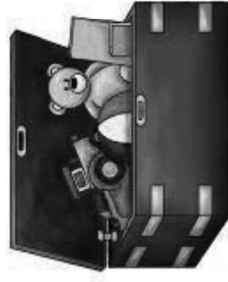
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Time	Activity
5.30pm	Child has meal
6.00pm	Free play – computer games and television can be used at this time
7.00pm	Quiet play, including activities such as jigsaws and colouring. No computer games or television
7.20pm	Bath time
7.40pm	Child is ready for bed with teeth cleaned
7.45pm	Bedtime story
7.55pm	Cuddles from family members, who say goodnight
8.00pm	Leave child to settle

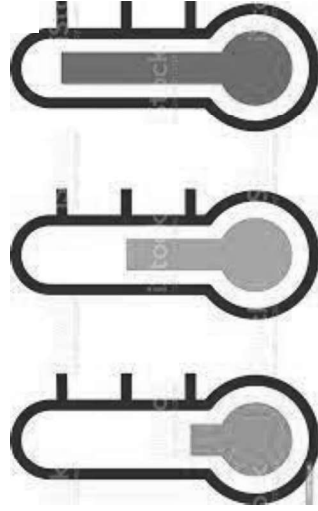
Play	
Bath	
Pyjamas on	
Teeth cleaning	
Toilet	
Bed	
Story	
Asleep	

Some suggestions for creating a bedtime routine

Bedroom environment



Tidy Up



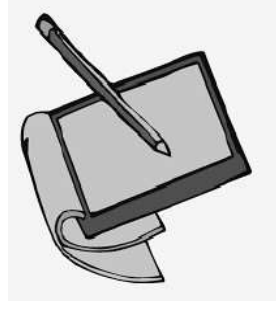
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- ▶ Children learn new behaviors linked to attention and reward
- ▶ Try to limit the attention when the child gets out of bed
- ▶ Only pay attentions to behaviors you would like to see again
- ▶ If good behaviour is rewarded, it is more likely to happen again
- ▶ Ignore the behaviors you don't want to see
- ▶ Being told off is still attention
- ▶ Set a simple goal related to the bedtime routine
- ▶ Think about what you want to address with your child's sleep routine eg getting them to settle down without you in the room, sleeping in their own bed all night

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Naps – time and length of?
Time of and type of food before bed
How was bedtime routine (what worked/any changes?)
Time to bed
Affects of any medication?
Time to sleep
Times they woke up
What did they do when they woke up
What did you do when they woke up
Time of morning waking
Tiredness/Irritability next day (on a scale of 1 -5)
Other comments



Trouble-shooting

- ▲ Be consistent and firm
- ▲ Changing bedtime habits might take a while
- ▲ Sometimes a child’s sleep behavior can start to improve, and then get worse, before getting better again
- ▲ Persevere with the routine. If you don't stick to it, your child will learn that by challenging the boundaries they will get their reward (your attention)
- ▲ Once your child learns how to settle themselves to sleep, they will also be able to settle back to sleep after mid night waking



THANK YOU
for listening

ANY
QUESTIONS?



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