

WELL-BEING NEWSLETTER

SLEEP TIPS



GETTING ENOUGH SLEEP IS CRUCIAL FOR CHILDREN'S DEVELOPMENT. WE ALL KNOW HOW MUCH BETTER WE FEEL AFTER A GOOD NIGHT'S SLEEP. CHILDREN CAN STRUGGLE WITH SLEEPING FOR MANY REASONS FROM WATCHING SCARY MOVIES, OVERTHINKING, WORRYING, DRINKING CAFFEINATED DRINKS AND NOT HAVING A GOOD ROUTINE.

THESE TIPS ARE SIMPLE AND HOPEFULLY WILL HELP.

- SET UP A BEDTIME ROUTINE, A REGULAR BEDTIME ROUTINE STARTING AROUND THE SAME TIME EACH NIGHT ENCOURAGES GOOD SLEEP PATTERNS.
- ENCOURAGE YOUR CHILD TO RELAX BEFORE BEDTIME. MAYBE READ A BOOK OR HAVE A WARM BATH.
- KEEP REGULAR SLEEP AND WAKE TIMES

IT HELPS TO:

- TURN OFF DEVICES AT LEAST ONE HOUR BEFORE BEDTIME
- KEEP SCREENS OUT OF YOUR CHILD'S ROOM AT NIGHT
- DIM THE LIGHTS AN HOUR BEFORE BED FOR CHILDREN

REQUIRED HOURS SLEEP BY AGE

1-2 YEARS 11-14 HOURS,
INCLUDING NAPS.

3-5 YEARS 10-13 HOURS,
INCLUDING NAPS.

6-13 YEARS 9-12 HOURS.

14-17 YEARS 8-10 HOURS.

