

Sleep Routines

Sleep routines...

Many young children find it difficult to settle down to sleep and will wake during the night. Every child is different so choose a bedtime routine that you are comfortable with and what you think will suit your child.

There may be reasons that could cause broken sleep for your child-

Self-settling- Some children are unable to settle themselves to sleep at the start of the night, and may seek adult support with them either being rocked or comforted. Supporting your child to soothe themselves to sleep can be done gently and gradually.

Changes in routine- Keeping to the same routine each night is helpful in a familiar place so they feel secure.

Feeling hungry or thirsty- Diet is important and what is consumed during the day can impact on sleep. It is best to avoid sugary treats or caffeine products e.g. biscuits, cakes, tea or even hot chocolate. Healthy options you could offer before bed are- bananas, yoghurt, milk, cheese, cherries or cereal (avoiding sugar coated).

Discomfort- Having a supportive mattress. Some children may show discomfort due to medical conditions e.g. eczema or even common colds.

Fear/Anxiety- Some children may be fearful of the dark, or want a parent to support them during the night.

Night time wetting- Maintaining a positive approach is useful and if your child does wet the bed try changing them in a dimly lit environment with minimal interaction to support them going back to sleep.

Additional Information

Creating a good routine for your child and considering the best approach what will suit your family. By doing the same thing at the same time each day, including what time they wake up will support your child's body clock. Here are ways you can try to support their routine:

- o Restrict screen time
- o Having a light snack before bed (see suggested foods above)
- o Dim the lights in the hour before bed
- o Spending time before going to sleep e.g. reading stories or playing with puzzles can help promote relaxation.
- o Having a bath 30 minutes before bed

Please find attached 'The good-night guide for children' for more advice and tips on the importance of sleep, sleep cycles, good sleep routines and many more.

If you would like further support please speak to me, the best way to contact me is by email- cbrown@norcot.reading.sch.uk or phone- 07483368773, if I am unable to answer at the time you call please leave a voicemail and I will get back to you as soon as I can.