

## Further support or information

If you are having trouble with your child's bedtime routines and would like any further support then please ask and we can put you in touch with our Family Support Advisor

Useful Websites include:

<http://www.parents.com/toddlers-preschoolers/sleep/issues/solutions-for-kids-sleep-problems/>

[www.nhs.uk/change4life](http://www.nhs.uk/change4life)

[www.pocketparent.co.uk](http://www.pocketparent.co.uk)



This leaflet has been put together by the Pastoral Team at St Stephens Community Academy

We can provide support and assistance with a number of issues including:

- Support with your child's behaviour
- Links to other professionals who may be able to support your family
- Links between home and school
- Support with financial or housing issues.
- A listening ear and support at the times when family life gets tough

If you would like to arrange to meet with a Family Support Advisor, please ask for more details



## Top Tips for A calmer bedtime





## Top Tips for calmer bedtimes!



Stick to a regular time. Your children's body clocks will slowly adjust to this time and they will know it doesn't vary. If you want them to stay up later at weekends, allow no more than 1 hour later.

Make sure all TVs/games consoles, tablets/phones etc. are off at least half an hour before bedtime. This gives the brain a chance to wind down and get ready for sleep.



Make sure your routine includes some quality time for you and your child- a bedtime story or just a cuddle and a chat about their day. They will really look forward to get it.



If they are messing about- they are probably doing it for attention. Don't feed this by arguing or struggling with them. Calmly walk them back to bed, repeat a few words like 'It's bedtime now, good night' and walk back out.

Avoid sugary foods or drinks for at least an hour before bedtime- longer if your child seems particularly affected by them.



Use choices and consequences- remind them that if they choose to mess around at bedtime that there will be a consequence- having to go to bed earlier the next day or missing out on an activity as they will be too tired are logical consequences for not going to bed nicely.

Think about the environment in their bedroom. Is it over stimulating with loads of noisy toys or electronics toys? Does it get dark enough to allow them to sleep properly? Dim light help stimulates melatonin in our brain which helps us sleep.

Educate your child on why they need to get enough sleep. Explain how important sleep is to help them grow, be healthy and learn things. (Children who get enough sleep do better at school, are less likely to be obese and have more level moods which can impact relationships.)



Try using a reward chart for good behaviour at bedtime. They could earn time to stay up a little later at the weekend, the chance to do a fun activity or another treat you feel would motivate your child.



**STAY CALM!** Easier said than done when you are tired too, but the more they see you getting stressed the more they will feed off of this. Calm and quiet at bedtime is the key!