

TIPS TO HELP YOUR KIDS SLEEP BETTER



WHY SLEEP IS CRUCIAL

- **GROWTH AND DEVELOPMENT:** SLEEP IS AN ESSENTIAL TIME FOR PHYSICAL AND MENTAL GROWTH.
- **COGNITIVE FUNCTION:** WELL-RESTED CHILDREN ARE BETTER ABLE TO FOCUS, PROBLEM-SOLVE, AND RETAIN WHAT THEY LEARN AT SCHOOL.
- **EMOTIONAL REGULATION:** LACK OF SLEEP CAN MAKE CHILDREN IRRITABLE AND PRONE TO EMOTIONAL OUTBURSTS.

HOW MUCH SLEEP DO CHILDREN NEED?

CHILDREN AGES 5 TO 12 SHOULD AIM FOR 9-11 HOURS OF SLEEP EACH NIGHT



SET A CONSISTENT BEDTIME.. FOR E.G.

7:00 PM – TAKE A BATH OR SHOWER
 7:20 PM – BRUSH TEETH AND PUT ON PAJAMAS.
 7:30 PM – READ A STORY TOGETHER.
 7:45 PM – QUIET TIME (LIGHTS DIMMED, SOFT MUSIC OR CUDDLING).
 8:00 PM – LIGHTS OUT.



IF YOUR CHILD HAS TROUBLE FALLING OR STAYING ASLEEP

IT COULD BE DUE TO OVERSTIMULATION, ANXIETY, OR INCONSISTENT ROUTINES. REMEMBER, BEDTIME ISN'T THE BEST TIME TO TALK ABOUT STRESSFUL SITUATIONS. INSTEAD, WAIT UNTIL MORNING, WHEN EVERYONE IS REFRESHED AND CLEAR-HEADED.

A WELL-RESTED CHILD IS A HAPPIER, MORE FOCUSED, AND HEALTHIER CHILD. BY ESTABLISHING GOOD SLEEP HABITS EARLY, YOU'RE SETTING YOUR CHILD UP FOR SUCCESS BOTH IN AND OUT OF SCHOOL.

PITFALLS TO WATCH OUT FOR

- SCREEN TIME BEFORE BED
- OVERSTIMULATING ACTIVITIES BEFORE BED
- SUGARY SNACKS OR CAFFEINE BEFORE BED
- AN INCONSISTENT SLEEP SCHEDULE (FOR BEST RESULTS STAY CONSISTENT 7 DAYS A WEEK)

