

SLEEP ROUTINES



exercise



shower



bath



milk



water



brush teeth



story book



sleep

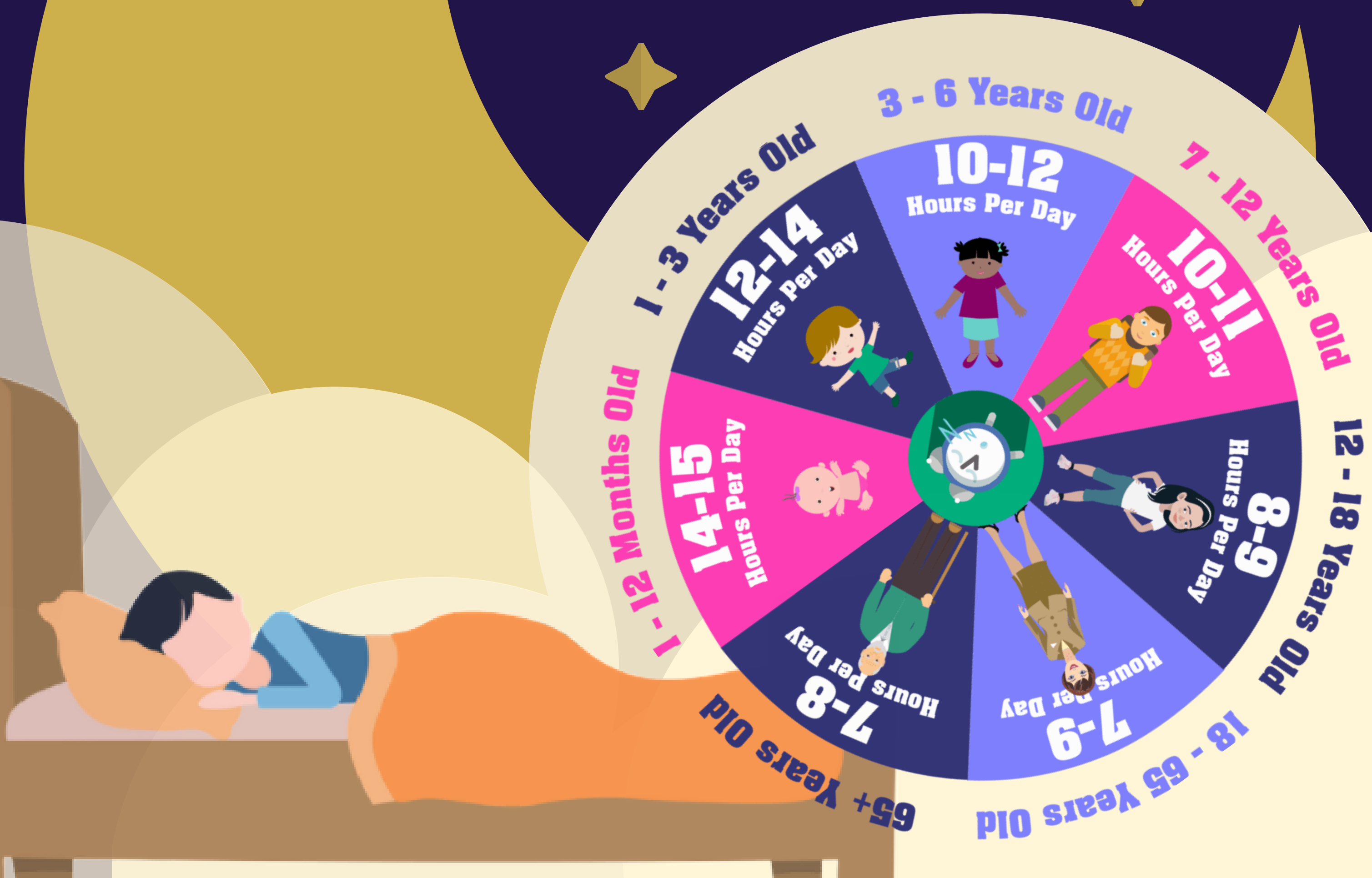
THE IMPORTANCE OF SLEEP

Sleep helps us form memories from the information we have collected throughout the day.

Our brains make connections that it doesn't make while we are awake.

Sleep helps clear out the toxins in our brains making us ready for the challenge of the new day.

While we sleep our brain stores information into the long term memory.



SETTING UP ROUTINES

Setting up a routine allows your child to develop an internal rhythm so they will sleep at the same time each night.

Finish the day with restful activities.

A bath before bed can help relax the body and calm the mind. Adding a bath to their bedtime routine will also prepare children to calm down and their body will begin to recognise it will soon be bed time.

Follow a bath with a book and you have the perfect opportunity to have a snuggle before sleep.

Sharing a bedtime book introduces your child to the joy of reading.

It takes 2 hours to digest our food so try and avoid eating right before bed.

If their tummy is working, it may keep them awake. A drink of milk or water could be added to their routine to help them feel full before bed.

Once your child is in school try and avoid day time naps.

Sometimes, naps are inevitable during long journeys or during illness but try and keep them awake through the day so they sleep at night.