Parent Pack – Sleep

1. Establish a set evening routine. Do the same thing every night so the child becomes aware of what’s coming. For example, quiet play, bath time, story then bed.
2. Ensure your child has been fed and hydrated before bedtime to avoid waking hungry or thirsty.
3. Promote a good balanced diet, what is consumed during the day can impact on sleep. Aim to avoid high sugar foods and drinks.
4. Consider the mattress, does it provide enough support.
5. Create a calm, friendly bedroom where they feel safe. Consider calming tones and soft furnishings.
6. Consider the use of a night light, your child may be scared or anxious about the dark a low light might help them to settle and feel safe.
7. Consider offering a soother if your child finds it difficult to settle without you, a t-shirt or pillowcase with your scent on may help.
8. Help your child learn to fall asleep by themselves, aim to leave the room when they are drowsy but still awake.
9. Consider using a disappearing chair or cushion, you sit on the cushion which is initially by the bed side and the cushion gradually gets closer to the door until removed.
10. Remain calm at bedtime, use a gentle soothing voice.
11. Consider the use of a sleep diary, this may help to determine any reoccurring patterns. For example, they may be restless on a Sunday evening prior to school the following day.

Useful resources:

<https://thesleepcharity.org.uk>

https://www.nhs.uk/conditions/baby/health/sleep-problems-in-young-children

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