

## Top Tips for Helping Your Child to Sleep



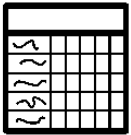
Look at your child's bedroom. Remove distractions. No toys, computers or TV whilst your child is learning to sleep.



Are your curtains thick enough? The room needs to be really dark so that your child knows it is time to sleep.



Is your child's bed comfy? Have a lie on it to check it out!



Think about a routine for your child from when they come home from school to bedtime. Use photos or pictures to show your child what is next. Keep things the same as much as possible so your child gets to understand that bedtime is coming.



No food or drink during the night. Your child needs to know it is time to sleep. Make sure they have eaten well before going upstairs to bed, then you know they can't be hungry.



Make time to give your child a bath. A bath is relaxing and changes body temperature to make it easier for them to fall asleep.



Once your child has had a bath have a short, quiet period before settling them to sleep. This could be a story, quiet song or prayer. Then tell them it is time to sleep.



REMEMBER to stay CALM! Be boring when it is time to settle and if your child wakes in the night. Give them a clear message that it is sleep time.

## Top Tips for Helping Your Child to Sleep



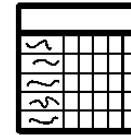
Look at your child's bedroom. Remove distractions. No toys, computers or TV whilst your child is learning to sleep.



Are your curtains thick enough? The room needs to be really dark so that your child knows it is time to sleep.



Is your child's bed comfy? Have a lie on it to check it out!



Think about a routine for your child from when they come home from school to bedtime. Use photos or pictures to show your child what is next. Keep things the same as much as possible so your child gets to understand that bedtime is coming.



No food or drink during the night. Your child needs to know it is time to sleep. Make sure they have eaten well before going upstairs to bed, then you know they can't be hungry.



Make time to give your child a bath. A bath is relaxing and changes body temperature to make it easier for them to fall asleep.



Once your child has had a bath have a short, quiet period before settling them to sleep. This could be a story, quiet song or prayer. Then tell them it is time to sleep.



REMEMBER to stay CALM! Be boring when it is time to settle and if your child wakes in the night. Give them a clear message that it is sleep time.