

# Sleep

PARENT WORKSHOP



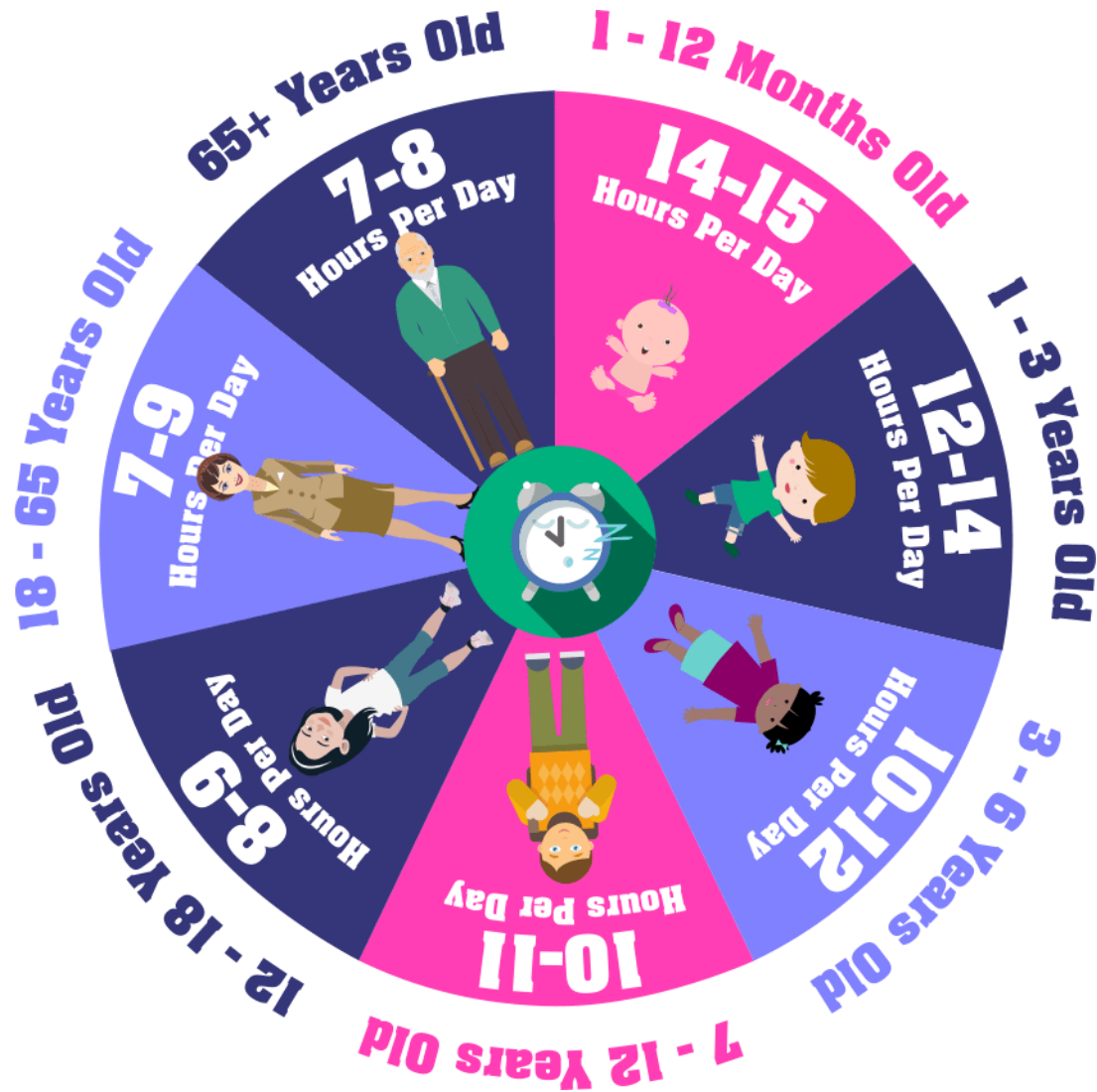
# Why do we sleep?

- ▶ Mood
- ▶ Physical health
- ▶ Attainment and concentration
- ▶ Weight regulation



How do the children present when they haven't had enough sleep?

# How much sleep do children need?



# How to help children sleep

- ▶ Identify the cause of the problem – Is the child anxious about something? Are they just not tired?
- ▶ Count your blessings.
- ▶ Mindfulness techniques
  - demonstration
- ▶ Sensory Circuit
  - see hand out.



# Mindfulness

(Pillow forts can be helpful and make this more fun.)

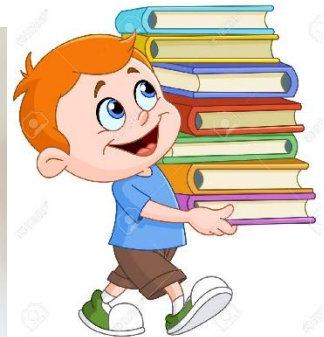
- ▶ Breathe in for 5, hold for 2, breathe out for 5. Put something light on your tummy to feel it rise and fall.
- ▶ Wear a blindfold and feel different parts of your body against the ground. Visualise your thoughts:
  - ▶ Put them into balloons and let them float up out of your mind. (The string attached will always allow you to pull your thoughts back later.)
  - ▶ Imagine you are in cave, you must put all your thoughts behind you as you look out of your cave onto the sky.



# Sensory Circuit exercises

## ▶ 3 stages:

- ▶ **Alerting** eg. Jumping, running, skipping,
- ▶ **Organising** eg. Hop scotch, balancing, obstacle course
- ▶ **Relaxing** eg. Rolling up in a blanket, being squashed, playing with a glitter bottle, listening to calming music, heavy exercise



# Sleep Hygiene

A relaxing bedtime routine is an important way to help your child get a good night's sleep.

## **Relaxation tips to help sleep**

- ▶ Doing the same relaxing things in the same order and at the same time each night helps promote good sleep:
- ▶ A warm (not hot) bath will help your child relax and get ready for sleep.
- ▶ Keeping lights dim encourages your child's body to produce the sleep hormone, melatonin.
- ▶ Once they're in bed, encourage your child to read quietly or listen to some relaxing music, or read a story together.
- ▶ You could also suggest your child tries this [relaxing breathing exercise](#) before bed

# Sleep Hygiene cont..

## **Avoid screens in the bedroom**

- ▶ Tablets, smartphones, TVs and other electronic gadgets can affect how easily children get to sleep.
- ▶ Older children may also stay up late or even wake in the middle of the night to use social media.
- ▶ Try to keep your child's bedroom a screen-free zone, and get them to charge their phones in another room.
- ▶ Encourage your child to stop using screens an **hour** before bedtime.



# Sleep Hygiene cont..

## **Your child's bedroom**

- ▶ Your child's bedroom should ideally be dark, quiet and tidy. It should be well ventilated and kept at a temperature of about 16 to 20C.
- ▶ Fit some thick curtains to block out any daylight. If there's noise outside, consider investing in double glazing or, for a cheaper option, offer your child earplugs

<https://www.nhs.uk/live-well/sleep-and-tiredness/healthy-sleep-tips-for-children/>

# For additional support

- ▶ GP or health visitor
- ▶ The sleep council (online resources)
- ▶ Brighter futures for children Mental Health support Team

<https://brighterfuturesforchildren.org/for-parents-carers/mental-health-support-team/>

Any questions?

# Request for feedback

- ▶ Thank you for attending
- ▶ Please speak to us or complete a feedback form.

