

Sleep routines



Turn off all screens an hour before bedtime – the television, laptops, tablets and mobile phones. Screens can be mentally stimulating, and they may also slow the production of the sleepy hormone, melatonin.



Set up an activity for your child before bed, such as crafts, colouring, lego or a jigsaw. This can help them to relax.



Classical music can be soothing and useful to play in the background during the bedtime routine.



Scan the QR code for further information and ideas



Set aside time in the day for your child to share any worries they may have. Give your child your full attention and talk about how their day has been and what is planned for the next day.



Consider lighting – dim the lights an hour before bed and create a relaxing environment. This will help your child to produce the sleep hormone melatonin.



Massage can support some children to relax.



A simple timetable for bedtime may help your child to settle and encourage their independence skills before their story.

