

SLEEP AND DIET

What your child eats during the day may have an impact on their ability to sleep at night.

Here are some interesting facts from the Children's Sleep Charity:

- Caffeine is a stimulant best avoided in the run up to bedtime. It is not only found in tea and coffee, but can also be found in hot chocolate and fizzy drinks.
- Fruit and fruit juice contains sugar which can give children a rush of energy if drank too close to bedtime.
- A small snack can be a helpful part of the bedtime routine. Eating a large meal before bed can make it difficult for your child to get comfortable. Toast is an example of a good snack, but be careful of sugary toppings such as jam or chocolate spread.



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WELBECK PRIMARY SCHOOL



**GUIDANCE FROM
THE CHILDREN'S SLEEP CHARITY**

**HELPING YOUR CHILD TO BE
READY TO LEARN IN SCHOOL**



All research shows that children who get 10-12 hours sleep each night make good progress in school. Here are some helpful tips to support you to support your child.



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RELAXATION TIPS FOR BEDTIME

Feeling relaxed is an important part of bedtime for both you and your child. Children pick up on stress and anxiety levels, so it is important to try and keep calm. If your child is struggling with their sleep.

To help your child relax and wind down before bed, try these tips:

- Turn off all devices before bed! Screen activities are the biggest cause in children not being able to sleep. Screen time before bed **stops** the production of melatonin, the sleep hormone which makes you feel drowsy. We advise that children should not have **any** devices (mobiles, tablets or consoles) in their bedrooms, but if they do, make sure they are switched off an hour before bedtime. A good cut off time is 7pm.
- Avoiding physical activity before bed is important too as exercising too much can actually wake your child up.

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RELAXATION TIPS FOR BEDTIME

- If your child has a tendency to worry, make sure you have set some time aside for them during the day to discuss their concerns and find out about their day. Discussing the things that are bothering your child before bed can help ease anxiety during the night time.
- A small night-light can help children relax before bed and help them to feel safe if they're scared of the dark.
- Simple activities such as jigsaws, colouring or board games can also be very relaxing and are a great activity to do together.

BEDTIME STORIES

- Bedtime stories not only help to settle your child, but also promote reading and vocabulary. Reading a story to children up to age 11 is proven to help their progress in school.



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