



CREATING HAPPY, RESILIENT FAMILIES



In this edition we talk about Sleep:

How a lack of sleep can lead to difficulties with mood and mental health

Sleep plays a crucial role in a child's overall wellbeing and development.

A lack of adequate sleep can have a significant impact on a child's mood and mental health, including irritability, difficulty concentrating, and even symptoms of anxiety or depression.

It is important to create healthy, age appropriate sleep habits including consistent bedtime routines, a comfortable sleeping environment, and limiting screen time before bed.

This will help support their emotional and mental well-being as they grow and learn.



Tips to help aid your child's sleep

Creating a soothing bedtime routine can greatly assist in improving your child's sleep patterns.

To begin, establish a consistent schedule that includes winding down activities such as reading a calming bedtime story, chatting about your day or listening to music or audio book.

Additionally, encouraging relaxation techniques like deep breathing exercises can help your child drift off peacefully.

Remember, patience and persistence are key when implementing these tips to aid your child's sleep.



World Sleep Day
March 15, 2024



Helpful Websites!



Sleep Tips for Kids

Babies	Toddlers	Adolescents	Teens
Try soothing your baby without picking them up. Leave the room quietly when they are settled.	Try giving your toddler control over little parts of the bedtime routine, like picking out pajamas.	Designate a space outside of the bedroom for homework, play, or electronic device usage.	Setting a good example of healthy sleep routines can encourage a teen to follow suit.

Useful Books



A Little Sleepy SPOT: A Story About A Good Night's Sleep (Inspire to Create A Better You!)



Podcast



We need to make sure our children are rested and school-ready by getting them into good sleeping habits. Ideally, it would be good to address this before schedules are disrupted again by half-term, or the holidays, but this can be a challenge, so here are my top tips to ensure they are bright-eyed and yawn-free for the whole school day!



Busy lifestyles can make it difficult to maintain schedules and routines. This may cause regular bedtime routines to shift and children to stay awake later than usual. Insufficient sleep can affect a variety of behavioral and cognitive functions. If you notice your children struggling with tasks or activities, you might evaluate how much sleep your children need.

Learn why bedtime is important, how exercise helps your mood and how to improve well-being with sleep and exercise.



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Written by education advisors with over 30 years experience

