Top Tips
for a Good Night's Sleep

1. **Get into a routine.** Setting up a routine allows your child to set an internal rhythm so they will (in theory!) sleep at the same time each night.

2. **Enjoy bath-time.** Having a bath before bed helps bring on sleep because it can relax the body and calm the mind. Your child will also begin to associate bath-time with calming down and their body will start to recognise that it will soon be time for bed.

3. **A book at bedtime.** This classic bedtime ritual never gets old. It's a perfect time to snuggle up and enjoy your child's favourite story or book. Turning the pages introduces your child to early reading behaviours and following the words with your finger will help them understand left to right orientation (or the other way round in other languages). Close the book, time for bed!

4. **Sleep only at night.** Avoid daytime sleep if possible. Once your child is around 2/3/4, daytime naps will probably fall by the wayside. Sometimes (like long car journeys), naps are inevitable. But where possible, encourage your child to stay awake once they are ready for a full day, to help with getting off to sleep at night.

5. **Exercise.** It's actually known to help you sleep better, and the same goes for children. Your body uses the sleep period to recover its muscles and joints that have been exercised. Twenty to thirty minutes of exercise every day can help you sleep, so enjoy swimming with the family, a run around the park or a bike ride to get their hearts pumping.

6. **Avoid eating just before bed.** We need about 2 hours to digest our food, so try and avoid your child eating right before bed as their tummy will be doing lots of work. A drink of milk or water should be enough to stave off hunger pangs.

7. **Sleep in silence.** Sleeping with no music or TV on is more restful. Sleep with no distractions is best for a clearer mind and more soothing dreams. If your child likes to fall asleep to music, set a timer so that their deep sleep is undisturbed.

Sweet dreams!

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