

Safeguarding Notice

Stay-at-home orders have left many of us struggling. Creating a routine for your family can be a way to regain, even in a small way, a sense of order.

With the many changes to daily life and responsibilities you are trying to manage, creating a new routine can help keep things feeling “normal”.

All the worry and disruption from coronavirus means that many children are having particular trouble sleeping. This doesn't just affect the children – it will quickly affect adults too. There are things you can do to help your children sleep.

Help your children get healthy sleep with love, nurture, and a good routine. Making sure you maintain a healthy routine will help your child's body clock naturally adjust and sleep well.

Tips to help your children sleep well

- What really helps is a steady routine – maintain your usual bedtime routine for your children, or if you haven't had one before, now is a good time to introduce one.
 - Find something other than screens, for the couple of hours before bed.
 - Give them a warm (not hot) bath and maybe a warm drink.
 - Make their room a calm and peaceful environment (as much as possible). Try to make it a screen-free zone.
 - Dim the lights.
 - Read a story or listen to calm music.
 - Taking a moment to do a gentle breathing exercise can also help, if sleep is a struggle.
 - As much as you can, encourage your children to avoid high fat, sugary foods.
 - Make sure they take daily exercise and gets some fresh air.
 - Give them facts – poor sleep can contribute to weight gain and low mood.
- Encourage your child to talk about the things that are worrying them. Talking is often the most important way we can support each other.

How much sleep does my child need?

Below are the approximate hours of sleep needed by children of different ages (information taken from the NHS website)

Children 3 to 5 years old - 10 to 13 hours including naps

Children 6 to 12 years old 9 to 12 hours

Teenagers 13 to 18 years old 8 to 10 hours

Many Thanks

Mrs Vadukul



