




LET THEM
SLEEP 
FOR WHEN THEY WAKE
THEY WILL
MOVE *Mountains*

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Helping your child get a good night's sleep

- Put a consistent bedtime routine in place to enable your child to relax and be ready for sleep. A warm bath, pyjamas on, clean teeth and then a bedtime story are a good order to do things every time.
- Make the bedroom dark, comfortable and quiet with a consistent temperature. A blackout blind can be invaluable, particularly in the summer months.
- Ensure that your child goes to bed and wakes up at the same time. The brain likes a regular sleep pattern and differences in time can cause issues.
- Encourage your child to settle themselves without you present to enable them to go back to sleep when they naturally wake three to five times per night, linked with the sleep patterns of deep and light sleep. Allow them to cuddle a teddy for comfort, snuggle in a soft blanket or teach them some simple calming meditation strategies.
- Exclude technology from the bedroom - they are mentally and physically stimulating and the light from the screen suppresses the production of the hormone melatonin, crucial for sleeping. Your brain produces this in response to darkness. No technology for at least **two** hours before bedtime.

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- Check the mattress is suitable for your child. As they grow they might need better support to maintain good posture of the spine, shoulder and hips as they sleep and an uncomfortable position may prevent sleep.
 - Exercise can be beneficial in helping a child to sleep. Aerobic exercise in particular has been found to promote sleep. Make sure you get out and about, at the park, in the woods or go for a walk in your local area.
 - What your child eats and drinks during the day can affect how well they sleep at night. Avoid sugary snacks and juices two hours before bedtime to keep blood sugar levels constant .

Sleep foods to try to help your child fall asleep

- Cherries contain melatonin and help you fall asleep
- Fish contains Vitamin D6 needed to make melatonin
- Fortified cereals contain Vitamin B6 needed to make melatonin
- Yogurt contains calcium and helps you fall asleep
- Whole grains contain magnesium, a natural muscle relaxant
- Turkey contains essential amino acids used by the body to produce Vitamin B
- Peanut butter/nuts contains magnesium and tryptophan, a natural muscle relaxant
- Warm milk contains tryptophan and calcium to help you relax and calm
- Bananas contain potassium, magnesium and tryptophan which are natural muscle relaxants
- Kiwis contain serotonin and antioxidants, both of which may improve sleep quality