

Upton Junior School



SLEEPING FOR SUCCESS

A GUIDE TO SLEEP FOR YOUR CHILD



One Childhood - One Chance

www.upton.kent.sch.uk



Children and sleep...

Sleep is a vital need, essential to a child's health and growth. Sleep promotes alertness, memory and performance. Children who get enough sleep are more likely to function better and are less prone to behavioural problems and moodiness. That is why it is important for parents to start early and help their children develop good sleep habits.



The following chart suggests the recommended hours for sleep that includes naps for children up to five years of age.

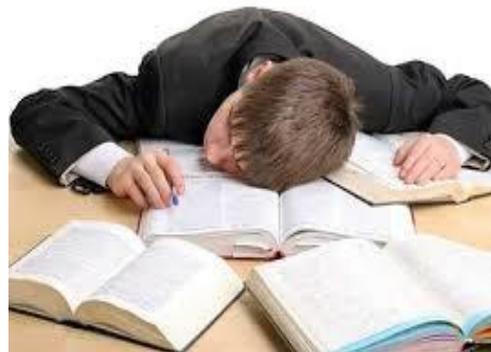
Age	Hours of sleep	Suggested bedtime
1-3 years	12-14	6.00 pm
3-5 years	11-13	7.00 pm
6-12 years	10-11	8.00 pm

Source: www.sleepforkids.org

Helpful hints...



1. It is important to be loving but firm with your child.
2. Make bedtime the same time EVERY night.
3. With older children try to give a ten minute warning of bedtime.
4. Make bedtime a positive and relaxing experience without TV, DVDs or computer games. TV viewing prior to bed can lead to difficulty falling and staying asleep.
5. Avoid having TV's, computers and electronic games in children's bedrooms.
6. Save your child's favourite and relaxing, non stimulating activities until last and have them occur in the child's bedroom.
7. Keep the bedtime environment (e.g. light, temperature) the same all night long.
8. Be patient and consistent. It takes time to establish a routine, but the results are worth the effort.



Encourage the children to fall asleep on their own

Help your child form positive associations with sleeping. A child should not need a parent to help him/her fall asleep. The child who falls asleep on his or her own will be better able to return to sleep during normal night time awakenings and sleep throughout the night.



Typical bedtime routine...

- Have a light snack
- Take a bath
- Put on pyjamas
- Brush teeth
- Read a story
- Ensure room is quiet and at a comfortable temperature
- Put your child to bed
- Say goodnight and leave



It is important to remember that children are different and the age at which they will sleep through the night and the amount of sleep they need may be different.



This leaflet is intended as a guideline for parents.

DID YOU KNOW?

... research has shown that a regular bedtime was found to consistently point to higher child development. Scores for receptive and expressive language, phonological awareness, literacy and early maths abilities were higher in children whose parents reported having rules about what time their child goes to bed.

Source: SRI International