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Top Tips for Healthy Sleep routines for Children

Top Tips for a good bedtime routine

*Start early with your bedtime routine, when baby is 4 – 6 months old and stop daytime naps by the age of 4 years

*Decide on an age-appropriate bedtime and stick to it. Have the same bedtime routine each night so your child can learn it.



*A bedtime routine usually starts an hour before bed, with a winding down period and quiet play (and supper if they wish). No TV, computers, Ipads, tablets, phones (they give off blue light that stops our brain producing the natural sleep hormone 'melatonin').

*Go through your bedtime routine (eg. Bath, PJs, story, bed) about 20-30 minutes before bed.

*Put them to bed at the same time – each evening.

*Let your child fall asleep in their own bed (self settling). They will then fall asleep on their own during the night, as they go through their sleep cycles



*Get them up at the same time each morning.

*Give praises and rewards when your child starts to sleep better.

*Check the room:

Is it too hot or cold?

Is it noisy?

Is it over stimulating with toys, TV,
consoles?

Is it too bright?

*Check your child isn't unwell.