

## Are you feeling sleepy? Sleep advice for parents

### Children respond well to clear boundaries and expectations.

This means that even before implementing your sleep routine you have to make sure that everyone involved in your child's sleep routine is on the same page. Once you have agreed a routine it is important that everyone understands they need to keep to this. Keeping each element in order as far as possible.

**Be consistent.**

**It is likely that your child will take time to get used to their new routine, stick with it and stay strong. Don't worry about what everyone else is doing just do what works for you and your family.**

### A pre-bed time wind down

Who is going to want to go to bed leaving their favourite toy behind? It's like being told you have to leave the party early. Take the bedtime routine closer to your child's bedroom away from the main living space and stick to the set time to start the routine.

Here are some ideas for your wind down routine:

- Use a visual timer to give your child warning that bed time is approaching.
- A warm and relaxing bath.
- Share a story with your child, give them time look at a book or listen to a story CD or relaxing music.
- Dimming the lights in your child's room encourages your child's body to release the sleep hormone, melatonin.

### How much sleep does my child need?

#### 12 Months

Daytime: 2hrs 30mins

Night time: 11hrs

#### 2 years

Daytime: 1hr 30mins

Night time: 11hrs 30mins

#### 3 years

Daytime: 0-45mins

Night time: 11hrs 30 to 12hrs

#### 4 years

Night time 11hrs 30 mins

### Screen time

Research by the Royal College of Paediatrics and Child Health has looked at the impact of screen time on children. They suggest asking yourself these four questions to examine screen time at home:

1. Is screen time in your household controlled?
2. Does screen time interfere with what your family want to do?
3. Does screen time interfere with sleep?
4. Are you able to control snacking during screen time?

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**Protect sleep don't use screens less an hour before sleep time.**