



Many thanks from the Silverdale  
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## How to Support Positive Sleep Routines



## Introduction

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It is not unusually for parents to find it difficult to settle their child down to sleep and find they will wake up during the night.

Sleep may not be a problem for some of us, however, if you or your child are having trouble getting to sleep, or staying asleep there are some simple techniques you can try.

Every child is different, so only do what you feel comfortable with and what you think will work better for your child.

Some of these techniques provided in this booklet may help with your child getting to sleep and stay asleep or going to sleep without you in the room. It can also help if your child wakes through the night.

Be prepared this can take a long time to settle your child when you first start but consistence is key.

Children need sleep in order to recharge their brain and body. School age children need around 9-11 hours sleep each night. Getting the right amount of sleep is essential. The bodies need it for the whole development process. Without sleep, the brain just can't process everything and help balance out the right hormones in the body.

## Why is sleep important to growing children?

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Having a good sleep routine is important for your child's physical and mental wellbeing. Having a relaxing bedtime routine is an keyway to help your child get a good night's sleep. Ensuring a positive bedtime routine is followed consistency in the same order and at the same time each night helps promote good sleep.

Sleep is a must in order for the brain to work although the brain runs during the day when your child is awake it is still running while your child sleeps but not as fast.

Sleep boosts the body to develop and the muscles and bones to stretch. The balance of hormones is just right to help lengthen the body. With the right amount of sleep, you will have a well developed, happy, and attentive child, barring any other medical reasons for the opposite to happen.

More benefits of sleep includes:-

- ◆ Aids with weight loss and normal weight gain
- ◆ Helps to fight infections
- ◆ Makes it easier to concentrate

## Positive sleep strategies

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It is important to have a bedtime routine and you can start by doing the following

- Decide on a bed time.
- Warm bath
- Warm drink such as milk or malted drinks
- Turn off screens a hour before bed this gives your child the time to 'wind down' before bed.
- Give your child their favourite cuddle toy or blanket
- A dim light could be left on if needed.
- Set a time limit of how long you spend with your child. For example 1 story then tuck them in and say goodnight.
- Be consistent and repeat the routine for a period of time.
- You could use bedtime mist to spray on the child pillow to assist with sleep, most sprays contain

## If your child wont sleep without you.

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- Follow a regular calming bedtime routine.
- Put your child to bed when they're drowsy but awake, then kiss them goodnight.
- Promise to go back in a few moments to give them another kiss.
- Return almost immediately to give a kiss.
- Take a few steps to the door, then return immediately to give a kiss.
- Promise to return in a few moments to give them another kiss.
- Put something away or do something in the room then give them a kiss.
- As long as the child stays in bed, keep returning to give more kisses.
- Do something outside their room and return to give kisses.
- If the child gets out of bed, say: "Back into bed and I'll give you a kiss".
- Keep going back often to give kisses until they're asleep.
- Repeat every time your child wakes during the night.

## Useful IOS and Android Apps

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- Moshi Twilight
- Pzizz
- Sleep
- Relax melodies: sleep sound
- Relaxing sounds, easy sleep

### Audio books

<https://www.penguin.co.uk/articles/children/2019/oct/sleepy-audiobooks-for-children.html>

<https://www.amazon.co.uk/Audiobooks-from-Audible-co-uk/b?ie=UTF8&node=2996091031>

Projector night lights with various sounds can also help your child to relax and sleep .



## Useful websites

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[www.stanfordchildrens.org/en/service/sleep-disorders/good-night-sleep](http://www.stanfordchildrens.org/en/service/sleep-disorders/good-night-sleep)

[www.healthline.com/health/tips-get-your-kids-sleep](http://www.healthline.com/health/tips-get-your-kids-sleep)

[www.sleephealthfoundation.org.au/pdfs/Behavioural-Sleep-Problems-Children.pdf](http://www.sleephealthfoundation.org.au/pdfs/Behavioural-Sleep-Problems-Children.pdf)

[www.nhs.uk/live-well/sleep-and-tiredness/healthy-sleep-tips-for-children/](http://www.nhs.uk/live-well/sleep-and-tiredness/healthy-sleep-tips-for-children/)

<https://gozen.com/9-ways-to-help-kids-sleep-better-according-to-science/>

<https://www.babycentre.co.uk/a558218/bedtime-routines-for-toddlers>

### Reference

<https://www.nhs.uk/conditions/pregnancy-and-baby/sleep-problems-in-children/>