



**Helping your child to sleep well
(5 - 12 years)**

Sleep plays an important part in your child's growth and development. Children who get enough sleep are more likely to be ready for the day ahead and less prone to behavioural problems and moodiness. But how much is enough and how can you help them (and yourself) get a better night's sleep?

How much sleep does your child need?

Children aged between five and 12 years are recommended to have 10 to 12 hours sleep a night.

Homework, sports, after school activities, TV's, computers and video games, as well as hectic family schedules, can all contribute to children not getting enough sleep.

When a child sleeps well, they are more settled and ready for school the next day. Good quality sleep helps a child concentrate, remember things and behave well – which helps them be a successful learner.



Signs your child is not getting enough sleep

- Difficult to wake up in the morning
- Irritable and moody
- Hyperactive or erratic behaviour
- Constantly attention seeking
- Lacking in energy
- Dark circles under their eyes
- Yawning

How to help your child get a better night's sleep

One way of helping your child develop good sleeping habits is to follow a regular evening routine. Doing the same relaxing things, in the same order, and at the same time each night helps promote good sleep. It makes it easier for your child to relax, fall asleep and sleep through the night.

- Agree a reasonable bedtime, be consistent and keep regular sleep and wake times, even at the weekend
- Make sure your child falls asleep in their own bed, on their own, as this will help them settle themselves if they wake during the night

- Try and establish regular quiet time before they fall asleep. Reading or story time is great but your child should avoid TV, texting, homework or computer use
- Avoid drinks containing caffeine (which includes cola, tea, coffee, sports drinks and hot chocolate)
- Get plenty of natural light and activity during the day

If you are introducing a new bedtime routine it can take a number of weeks to become embedded so stick with the changes and give it a chance to work.



Special Educational Needs and Disabilities (SEND)

The advice in this leaflet applies to all children, but children and young people with SEND are far more likely to have sleep difficulties. The advice available from your school nurse will help improve the sleep of most children, but occasionally additional support is required if your child's sleep difficulties are persistent or linked to their condition, medication or if they are in pain. This support can be accessed through your school nurse.

Need more advice?

If your child is still having problems getting to sleep or is not sleeping through the night, contact your school nurse who is able to advise and offer tailored support. Ask at your child's school when the next school nurse drop-in is due to take place or contact your school nurse directly.

Contact your local school nurse team on:

Kirkby Team	Tel: 0151 244 3066
Manor Farm Team	Tel: 0151 290 4990
North Huyton Team	Tel: 0151 480 4066
Whiston Team	Tel: 0151 426 0611
Halewood Team	Tel: 0151 486 4011



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