

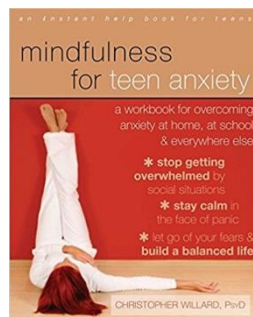
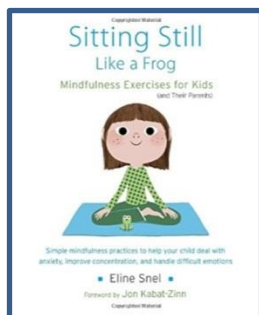
Top Tips for Parents



A good sleep is just as important as good exercise. It helps the brain and body grow and develop so that children have positive physical and emotional wellbeing.

There are a number of ways parents can help

- Have a routine. Try to get your child to bed at the same time every night. Have a calm time before going to bed to help mind and body wind down – they may want to read or listen to music or just play quietly.
- NHS recommends at least **90 minutes free from digital devices** including phones, tablets, TVs etc prior to bedtime to allow the brain to power down.
- Make sure lights are dimmed. When light dims in the evening, we produce a chemical called melatonin, which gives the body clock its cue, telling us it's time to sleep.
- It is ok for a child to rest in bed rather than go straight to sleep if they are not tired or are finding it hard to get off to sleep.
- If you child has frequent worries at bedtime – it might help to ask them to talk about worries earlier in the evening – this may be expressed as tummy aches, headaches or hunger especially in younger children.
- Mindfulness techniques can help your child relax before bed.



CHILD SLEEP RECOMMENDATIONS	
(total hours in 24 hour period)	
Infants 4 -12 months	12 - 16 hours
Children 1 - 2 years	11 - 14 hours
Children 3 - 5 years	10 - 13 hours
Children 6 - 12 years	9 - 12 hours
Teens 13 - 18 years	8 - 10 hours

- It is normal for children to have bad dreams sometimes but if it is several times per week speak to your school Nurse/GP

Parents may wish to try some of these tips for your own sleep too.

Top Tips for Parents

NHS



ISL Integrated Services for Learning
working together locally

How to help your child stay emotionally healthy

Anxiety is normal we all experience it at times, it is needed to help us function, explaining this to your child can help reassure them and encourage further conversations.

Five Ways to Wellbeing– 5 ways you can help your child stay emotionally healthy by making sure they do normal things.



1. Spend time with family and friends. Enjoy doing things together.

Talk to family, friends or teachers if you have lots of worries.

2. Stay active, Exercise is good. It makes you healthy, and makes you FEEL GOOD! You need proper rest and avoid digital devices (phones, x-box, PlayStation, etc.) for at least an hour before bedtime.

3. Try something new. Try a new hobby, visit somewhere new or make a new friend.

4. Take a break to see how you feel. Relax and look around you or listen to music, take a few deep breaths.

5. Do something for a friend or relation/adult, as well as making them feel good, it can make you feel good too!

Maybe parents could try some of these tips too!