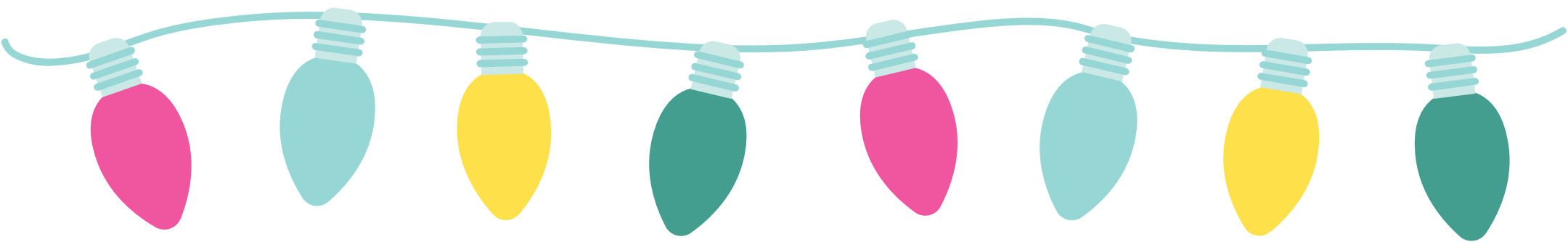


Sleep struggles?



Things to consider





Lighting

Some children like the dark to fall asleep in, others prefer a small night light. Consider trying low lighting such as fairy lights which provide a soft glow



Scent

Not something we would perhaps usually think of, but scent of a room can really aid sleep if chosen well. Walk into their room and breathe in...does is smell calming, settling?

Ensure you check the scents you choose with your child as what you might like, might often be what they don't!

Lavender, chamomile, ylang-ylang, patchouli are all good scents to support sleep.





Decor

We need to feel a sense of calm when we enter our bedroom and that goes for our children too.

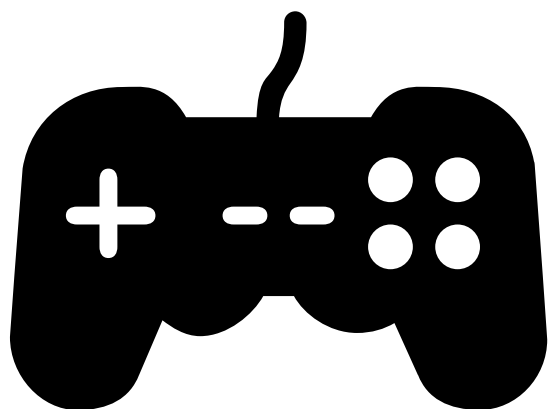
Surrounded by bright, bold colour might be fun, but how does it impact their sleep environment?

Think muted tones, not too much on the walls, relaxation zones and hygge vibes. Consider plants, they can be great in a bedroom.



Golden Hour

Consider what their hour before bedtime looks like:



Move away
from a
screen at
least an hour
before bed.

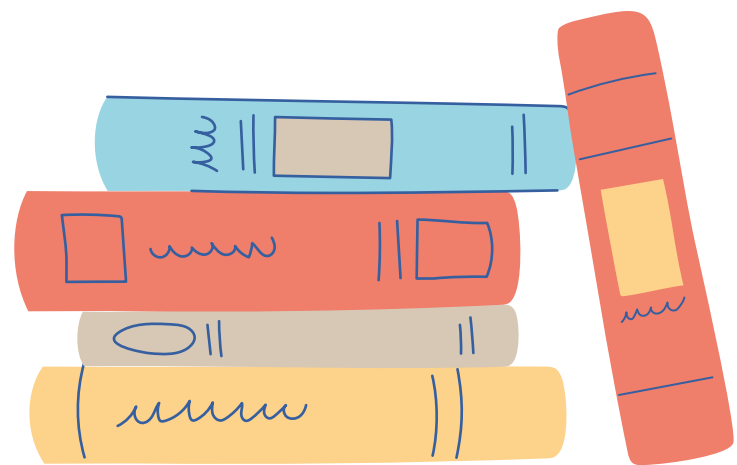


Connection
time with you,
in the run up to
bed.



Warm bath,
soothing
drink, lots of
cuddles.

Reading, playing with
small world toys or
using a relaxation kit
can help calm.



BRIDGE THE GAP

Clutter

Our room needs to be a clutter free zone to aid the best quality of sleep and this goes for our children too. Think minimal 'stuff', a sense of calm and serenity is what you're looking for.



Comfort

Is it comfortable?

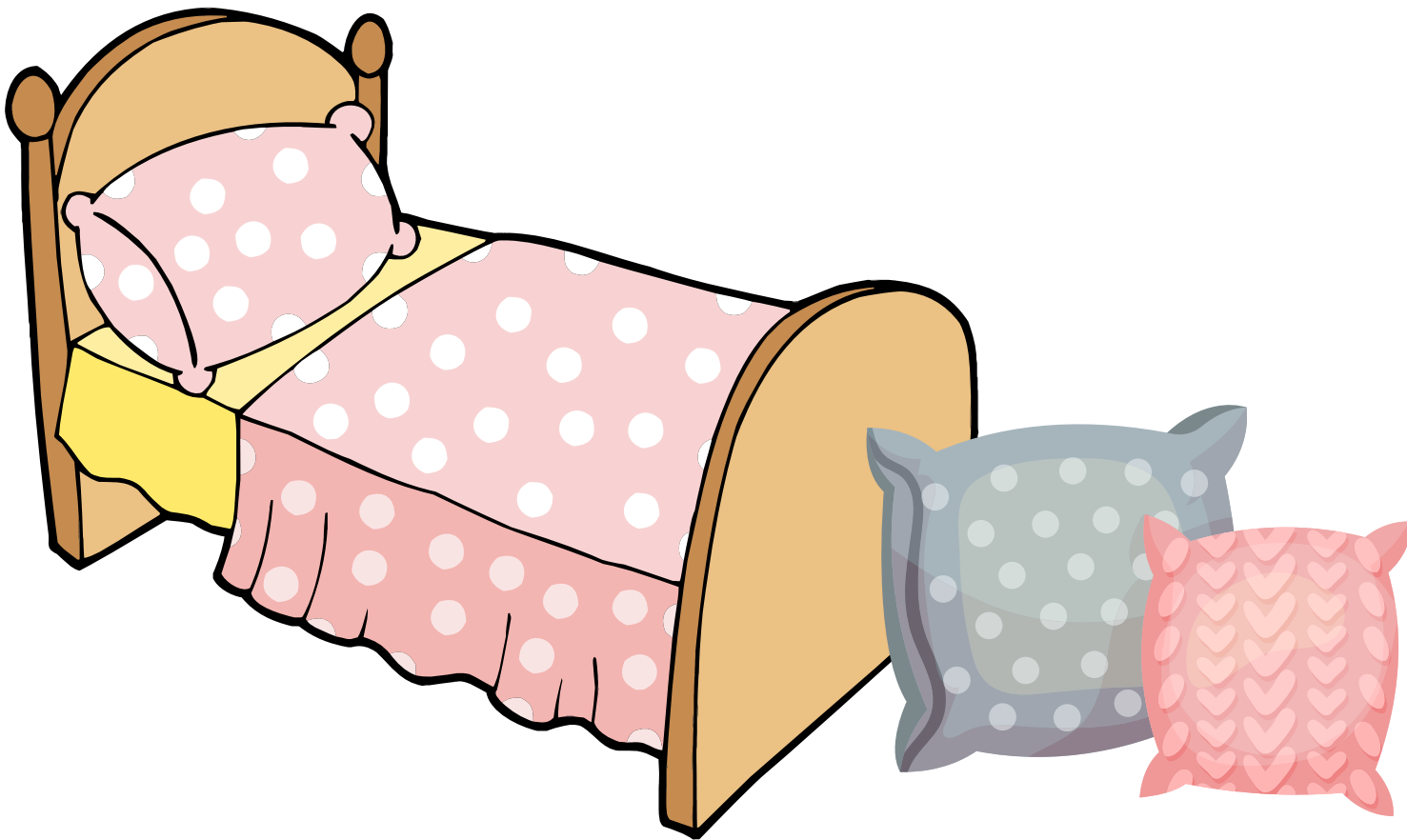
Lie down on the bed and check:

Do you feel relaxed?

Is the mattress supportive?

Pillows comfy?

Does the bedding feel nice against your skin?



SOUNDS

Things that go bump in the night!

The silence of a child's bedroom can actually be not 'silent' at all! Radiators, boilers and creaks in floorboards are some of the loudest sounds to a child at night.

Have a listen with them over a week and see what shows up for them in the sound stakes! Can you make any funny imaginative stories for them to think about based around the sound?



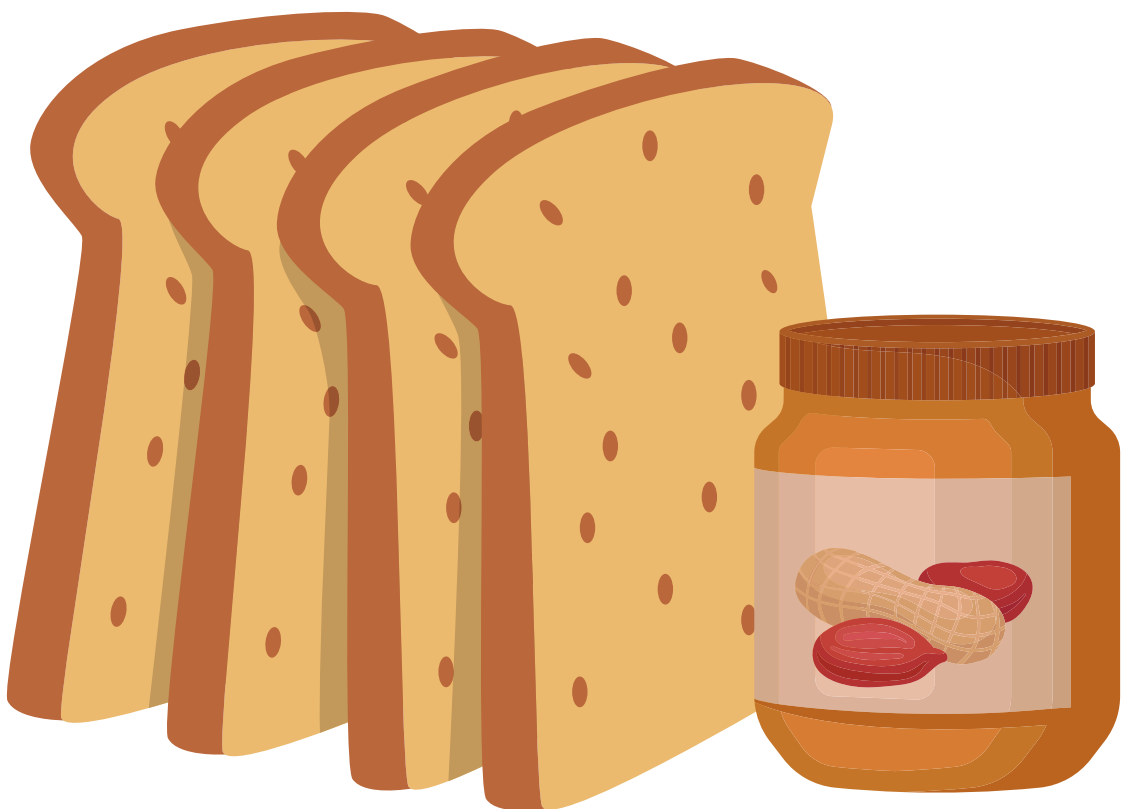
BRIDGE THE GAP

HUNGER

A snack before bed can help to aid a restful nights sleep, it's important that a child is hydrated too. Balanced snacks are ideal.

Try an oatcake topped with some nut butter or cottage cheese, or a slice of wholegrain toast with a little mashed banana.

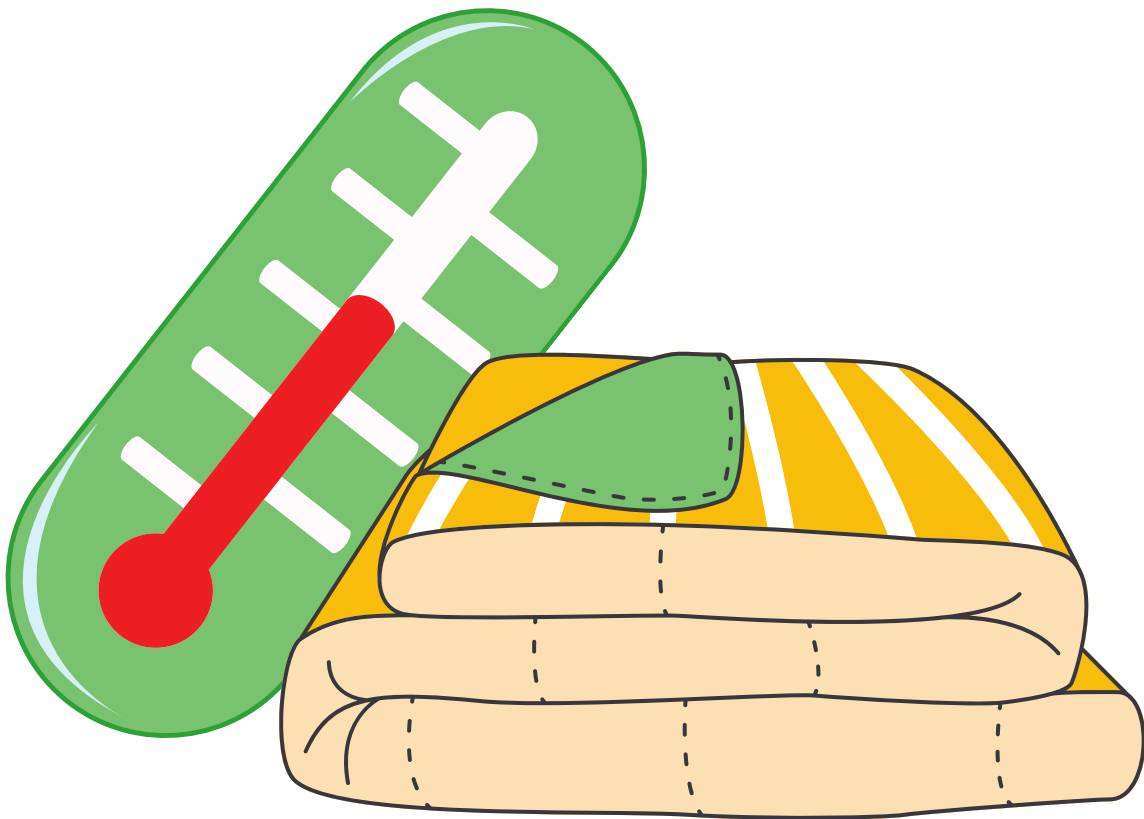
Don't forget to brush those teeth after supper!



Temperature

Not too cold and not too warm...sounds like Goldilocks! A 'cool' room is optimum for sleeping but ensure that your child is warm enough.

3am-5am tends to be the coldest part of the night, so if they are waking between those times then dozing off in the warmth of your bed, reflect on the temperature and layers.



For more support on sleep visit our website page, alongside worksheets you will also find a link to our YouTube channel with content created for both parents AND children.

We explore relaxation tips, dreams, nightmares, and guided imagery.



SCAN ME

