

SLEEP TIPS FOR PARENTS & CARERS



SLEEP TIPS FOR PARENTS

It's quite normal to feel anxious and worried at the moment and this can really affect your sleep. Try to keep to a daily routine as much as you can. But how else can we help our children to maintain a good sleep?

Encourage your family to find time to exercise daily as this will really help them to sleep. Use online resources or TV programmes such as Joe Wickes to have a workout. If you can, do your workouts outside whilst keeping a safe distance from others. Get out into the sunshine as exposure to daylight can help reset your body clock.

Encourage your family to limit the time they check social media and the news if it's making them upset.

Set aside some time every day to write down worries, but try to focus on positives too.

Encourage your children to keep calm and don't bring their worries to bed. Calm your brain with relaxation techniques that work for them such as singing, mindfulness, meditation, connect with friends online for a talk.

As a family keep a regular sleep and school work routine. Try not to be tempted to lie in if you can – go to bed and get up at the same time every day, even the weekend if possible. Support your children to avoid napping through the day and only use their bedroom for sleeping in. Make their bed their sleepy place.

Your children may be using electronic devices more than ever at the moment to keep in touch with their friends and for school work. For now, just focus on the hour before bed, remove all screen time to help your child's brain to physically prepare for sleep. Use this time on calming activities such as arts and crafts or a hands-on activity your child likes.

A bath can help if your child finds it relaxing, or a warm towel or dressing gown wrapped around them. Don't forget to have a nice supper using sleepy foods such as cereals, cheese or bananas, but try to avoid sugary foods and any stimulants such as hot chocolate, tea and coffee.

Remember the team at KIDS Sleep Service and Barnardo's are there to support you

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BARNARDO'S

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