

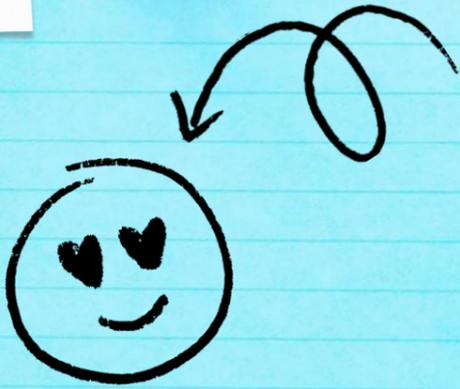


Is your child struggling to



# SLEEP

01



## Daytime

Good sleep patterns start during the day. Chocolate, tea, coffee and some fizzy drinks contain caffeine which will cause children to stay awake for longer, or they may find it difficult to settle. Warm milk may help or doing exercise during the day to burn off excess energy.

## Night-time routine

Adopt a good night-time routine such as a bath and then reading a story. Stick to the same routine so your child feels calm each night.

02



03



## Electronics

Using devices such as phones, tablets and the TV close to bedtime prevents children from switching their brain off and relaxing. Try a story or listening to music instead.

## Positive Affirmations

Sometimes when children are ready for bed, their brains are too active to relax. Try reading out loud a calming affirmation, then ask them to close their eyes and take three slow, deep breaths to relax their body.

***I am calm and peaceful now that my day is done***

***My mind is quiet and calm, and I choose loving thoughts***

**I AM PROUD OF MYSELF TODAY**

**I am unique and special**

***I am thankful for this day. Tomorrow is a new day full of possibilities***

**I will let go of things I can't control**

**I will sleep well. I will wake up feeling rested and ready for my day**