

# Top Tips



## for Calmer Bedtimes



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Stick to a regular time. Your children's body clocks will slowly adjust to this time and they will know it doesn't vary. If you want them to stay up later at weekends, allow no more than 1 hour later.

Make sure all TVs/games consoles, tablets/phones etc. are off *at least* half an hour before bedtime. This gives the brain a chance to wind down and get ready for sleep.



Make sure your routine includes some quality time for you and your child- a bedtime story or just a cuddle and a chat about their day. They will really look forward to this time and want to get into bed for it.

Try using a reward chart for good behaviour at bedtime. They could earn time to stay up a little later at the weekend, the chance to do a fun activity or another treat you feel would motivate your child.



If they are messing about- they are probably doing it for attention. Don't feed this by arguing or struggling with them. Calmly walk them back to bed, repeat a few words like 'It's bedtime now, good night' and walk back out.

Avoid sugary foods or drinks for at least an hour before bedtime- longer if your child seems particularly affected by them.



Use choices and consequences- remind them that if they choose to mess around at bedtime that there will be a consequence- having to go to bed earlier the next day or missing out on an activity as they will be too tired are logical consequences for not going to bed nicely.

Think about the environment in their bedroom. Is it over stimulating with loads of noisy toys or electronics toys? Does it get dark enough to allow them to sleep properly? Dim light stimulates melatonin in our brain which helps us sleep.



Educate your child on why they need to get enough sleep. Explain how important sleep is to help them grow, be healthy and learn things. (Children who get enough sleep do better at school, are less likely to be obese and have more level moods which can impact relationships.)

**STAY CALM!** Easier said than done when you are tired too, but the more they see you getting stressed the more they will feed off of this. Calm and quiet at bedtime is the key!