



Top ten tips for a good nights sleep

1. Children who are physically tired will sleep better.
2. Spend quality time with your child before bed.
3. Avoid computer, TV or video games 1 hour before bed.
4. Be clear and firm about bedtime.
5. Ensure your child has had a small drink, brushed their teeth and been to the toilet.
6. Make the bedroom a warm, restful place to be.
7. Ensure your child settles down and sleeps in their own bed.
8. Be patient & involve others if you can for support for yourself.
9. Establish a good routine and stick to it consistently.
10. Give your child lots of praise when it goes well.