



Make Bedtime Special

Getting a good night's sleep is a very important part of each day. Doctors have shared that it is important to create a consistent bedtime routine so that children develop good sleeping habits. Children (and adults) need lots of sleep so that our brains can remember what we have learned and pay attention and concentrate. Sleep helps our bodies stay healthy and our body and muscles grow and heal.

How many hours of sleep do children need each night?

Age	Hours of Sleep	For example
5 years	11 hours	from 7.30 pm to 6:30 am
6 years	10.75 hours	from 7:45 pm to 6:30 am
7 to 9 years	10 hours	from 8:30 pm to 6:30 am
10 to 14 years	9 hours	from 9:30 pm to 6:30 am

Remember that it takes time to fall asleep so it is important to carefully plan the activities that happen before bedtime so that your child has time to calm down and relax and then fall asleep for the full number of hours. Think about:

- turning off all “screens” at least one hour before bedtime eg. tv, computer, i-pad. This helps to calm the brain.
- ending the day on a positive note by talking about what your child did that day...
 - that was special
 - that helped someone else
 - to learn or try something new
- talking about the plans for the next day
- cuddling up to read a good book together
- telling a family story.



What do you want your child to remember about their bedtime?