

Sleep is important for your child's health growth and development When children get enough good quality sleep, they are happier and more settled during the day.

**Our top tips for a bedtime routine**

* A constant bedtime routine is recommended.
* Establish a calm environment.
* Avoid boisterous play close to bedtime.
* Switch off TV, phones and tablets close to bedtime.
* Keep the child's room quiet.
* Give your child a bath and brush their teeth.
* Encourage your child to go to the toilet.
* Have quiet time with your child. Read a book, sing a song, have a cuddle.
* Put your child into bed and make sure they have everything they need for going to sleep for example a favorite teddy or blanket.
* Kiss them goodnight.
* If they get out of bed first check why and if they need anything. Then calmly ask them to go back to bed and tell them that you are in the other room. Repeat this firmly and quietly until the child does not get back up.

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