

"Sleep.....

Sleep that knits up the ravelled sleeve of care;
The death of each day's life; sore labour's bath;
Balm of hurt minds; great nature's second course;
Chief nourisher in life's feast....."



Is your child getting enough sleep?

Age Group	Recommended Hours of Sleep	Average Hours of Sleep recorded in NSF Poll
Infants (3-11 months)	14-15 hours during a 24 hr period	12.7
Toddlers	12-14 hours	11.7
Pre-Schoolers (3-6yrs)	11-13 hours	10.4
7-11yr olds	10-11 hours	9.5

Sleep is a vital process for your child's brain to make sense of the day they have lived and prepare for the day ahead.

How can you help?

- Begin a pre bedtime wind down by turning off TV and computers.
- TVs and computers are best placed out of the bedroom, especially with children under the age of 11.
- Devise a gentle and calming routine (Regular routines linked to bedtime reduce the negotiations and battles.)
 - Warm milk drink
 - Teeth cleaning
 - Bedtime story
 - Darkened room
 - Soft music (the same piece of soft music can be a way of conditioning a child to feel sleepy)
 - A particular form of words for goodnight

For more information:

- "Toxic Childhood" by Sue Palmer
- www.sleepfoundation.org
- www.sleepforkids.org