



## Gwasanaeth ABC / ABC Service

### Some ideas to help when children find it difficult going to sleep, staying asleep or waking up in the morning

Set up a sleep routine which you are able to repeat every day so that your child learns when its bedtime / sleep and when its time to wake up. Keep it the same every day.

Use pictures of your bedtime routine to support what you are saying e.g. “now bath and then bedtime”. Keep it the same every day. Keep language at a simple 1-2 word.

Keep your child physically busy during the day so that it helps them to sleep. Daylight and playing outside is important to regulate daily sleep patterns.

Avoid naps late in the afternoon. If a nap is required early in the afternoon, keep it short.

Relaxing before bedtime is important

Give your child a warm bath to relax and unwind after a busy day.

Make the bedroom a tranquil place to unwind and sleep –

- Dimly lit room.
- Dark curtains on the windows
- Ensure the room isn't too hot – cool is best
- Play soft, soothing instrumental music in the background if you think it helps.
- Remove any toys which might encourage your child to think he/she can play.
- Say 'bye bye toys, play tomorrow' and show your child that the toys are also going 'to sleep'
- Gadget-free bedroom

Some people advise a tight, full length cotton pyjamas.

Access to favourite cuddly toy or stuffed animal with a 'heartbeat'.

Provide at least 15 minutes of calming, rhythmical swinging prior to bedtime e.g. hammock or cuddle swing. Rocking your child on your knee could help.

It is strongly encouraged not to allow your child to engage in any screen time at least one hour prior to bedtime, looking at a book is a better option to relax and promote sleep.

If your child wants a snack before bedtime, it is encouraged to provide a snack high in protein rather than sugar and carbs.

