

Sleep

Easy Read Guide



The importance of sleep:

Getting a good night's sleep is important for children and for the people who look after them. Everyone needs different amounts of sleep, but sleep helps you feel well and happy.

Some children might need more sleep or less sleep. They might need help to learn how to sleep well at night.



A good routine helps:

Try to do the same things every night before bed. This helps children know when it is time to sleep.

Keep bedtime calm and quiet. About 30 minutes before bed, do quiet things together. Turn off the TV, computers, and tablets.

Give your child a warm bath to get ready for bed

For some children, pictures showing each step at bedtime can help.



Top tips:

Do not give your child fizzy drinks, sugary drinks, or drinks with caffeine (like cola) before bed.

Do not give them lots of food before bed.

Try to make sure your child has played or spent time outdoors during the day.

Read a story together. Choose books your child likes and talk about them.



The environment:

Make your child's bedroom a nice place to be. It should be calm and comfortable.

Make sure the lights are dim or turned off, so your child knows it is time for sleep. Blackout curtains make the room dark.

When it is bedtime, give your child a kiss and say goodnight.

Help your child get used to sleeping in their own bed, not downstairs or in your bed. This helps everyone get good rest.

Contact
us:

Early Years, Inclusion and Childcare

County Hall Glenfield LE3 8RF

Tel 0116 305 7136 • Email Childcare@leics.gov.uk

Web leicestershire.gov.uk/local-offer

