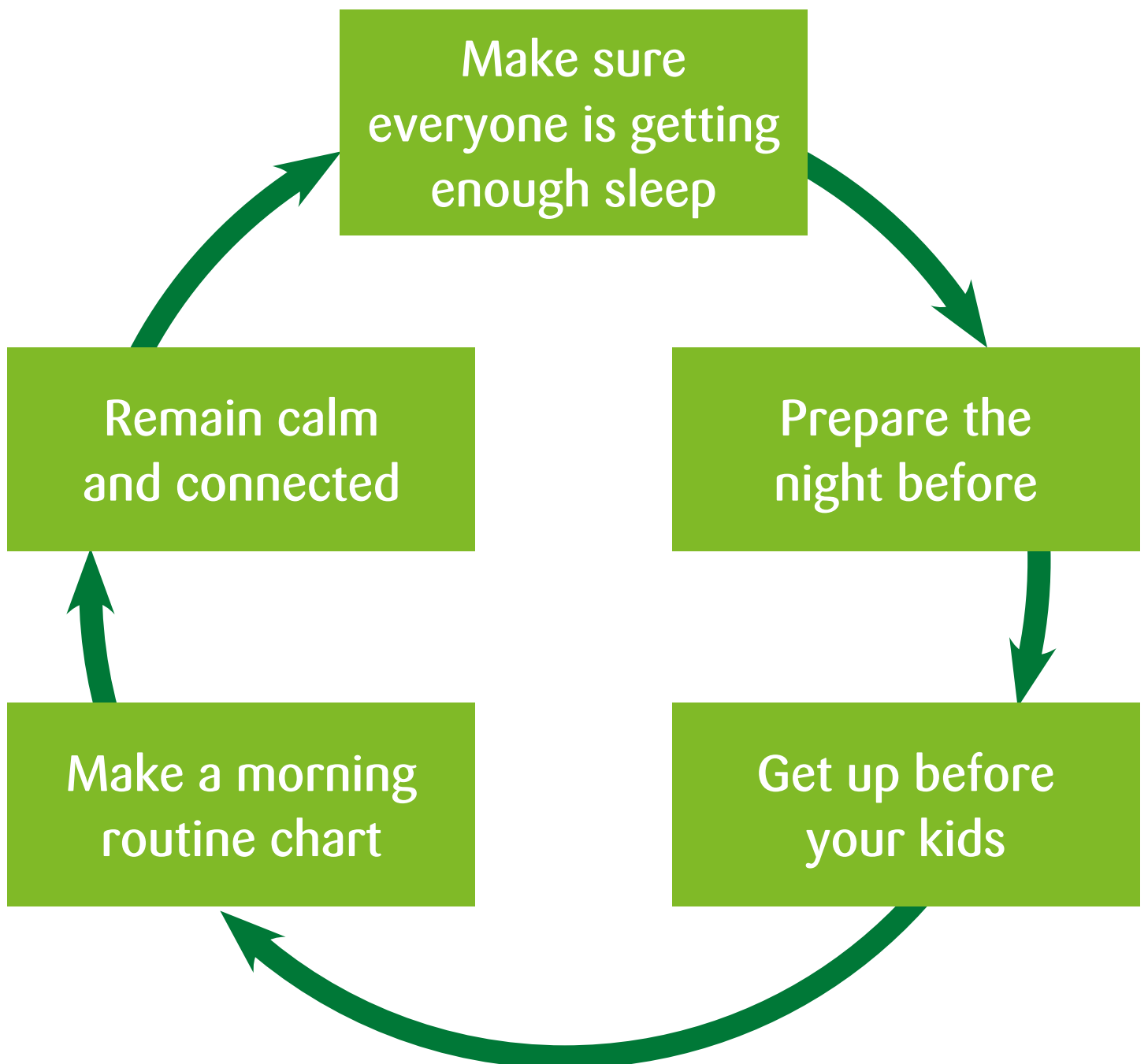


How to establish a morning routine that works



Importance of sleep

Why sleep is not just a luxury, but a necessity



- Sleep just how much you need – no more no less
- Create a sleep routine
- Have a nice bath to help relax
- Keep lights dim encourage your child's body to produce the sleep hormone, melatonin
- Once in bed, encourage your child to read quietly or, listen to some relaxing music, or read story together
- The amount of sleep your child needs changes as they get older,
- Avoid screens in the bedroom, tablets smartphones, TVs and other electrical gadgets can affect how easily children get to sleep.
- You child's bedroom should ideally be dark, quiet and tidy. It should be well ventilated and kept at a temperature of about 16 to 20c
- Curtains to block out daylight

Get help with sleep problems

- If you have tried these tips but your child keeps having problems getting to sleep or sleeping through the night, you may feel you want more support.

Teens and sleep

- Your child's sleep may change when they become a teenager
- Encourage your teenager to have at least 30 minutes of screen-free time before going to sleep

Exercise is better for sleep

- Regular exercise helps you sleep more soundly, as well as improving your general health
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A daily morning and evening routine may look like this for your children

An example morning routine may go like this



6:30am

Wake up,
play quietly



7:00am

Eat healthy
breakfast



7:30am

Wash, brush teeth,
comb hair, get dressed,
shoes on

An example of an evening routine may go like this

4:00pm

Home from school,
drink, snack play with
toys, inside in garden

5:00-6:00pm

Dinner time/tea time -
sit together talk
about the day

6:00-7:00pm

Bath time, story time,
quiet time before bed.









Weekly planner to help with routines

	Breakfast	Lunch	Snacks	Dinner
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				



Morning routine for

	Wake up	
	Get dressed	
	Eat breakfast	
	Wash face	
	Brush teeth	
	Comb hair	
	Pack bag	

Enjoy your day!