

Top Tipzzz

#itsBedtime 

1. Create a regular bedtime routine to help children get the right amount of sleep.
2. Encourage children to be active during the day to tire them out later on.
3. Having wind-down time (at least 40 minutes) is really important, as it helps you all to relax in the evening, so plan ahead.
4. Create a sleep-friendly environment that is dark, quiet, comfortable and cool.
5. Make your child's bedroom a screen-free zone and keep any phones and other devices elsewhere.
6. The recommended hours of sleep per night are:

11+ hours for under 5 year olds
10+ hours for over 5 year olds
9+ hours for over 10 year olds.