

Importance of Sleep for Children

with host Prep Headmistress, Naomi Bartholomew
and panellists Emily Jefford, Head of Pre-Prep and
Rebecca Collier, Parenting Consultant.



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**THE
PARENT'S
COMPANION**

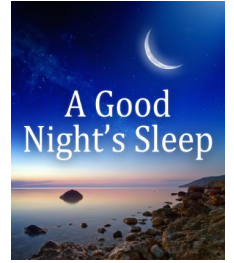
Essential knowledge,
skills and coaching
for parents and families

Understanding

The importance of sleep

Why sleep problems may occur

Tips on helping to promote sleep



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Why is sleep so important?

- Growth hormones are released
- Strengthens our immune system
- Brain has time to process our day
- Improves memory, concentration and functionality
- Body rests
- Restores emotional wellbeing



The impact of lack of sleep



Pixar Film – Inside Out (2015)

- Child - concentration, listening & receptiveness to learning, less able to self regulate
- Parent/carers – exhaustion & stress
- Family - mental health & wellbeing (possibility of resentment)
- Increased stress and irritability for all



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How much sleep does my child need?

Your child's age

Recommended sleep time in 24 hours

Infants 4 to 12 months

12 to 16 hours including naps

Children 1 to 2 years

11 to 14 hours including naps

Children 3 to 5 years

10 to 13 hours including naps

Children 6 to 12 years

9 to 12 hours

Children 13 to 18 years

8 to 10 hours



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Signs of tiredness

Yawning

Rubbing eyes

Clinginess

Seems lacking in concentration

Accidents/clumsy

Inability to self regulate

Over active

Having to wake your child in the morning



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Common Sleep Difficulties

- Trouble falling asleep
- Resisting bedtime
- Preferring a later bedtime
- Waking up at night
- Restless sleep
- Early morning waking / early riser
- Co-sleeping
- Bed intruder
- Fears
- Nightmares
- Night terrors



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Common causes of sleep challenges include:

- Over-tired
- Under-tired
- Over stimulated
- Irregular/late bedtimes
- Mixed signals
- Environment not conducive to sleep
- Too hot/cold
- Self settling/needs a parent present
- Drinks too close to sleep time
- Hunger
- Fears, stress, anxiety
- Bedwetting
- Sleep needs change



Designing a **picture diary** of your child's routine, follow it together as a team

Think about **sleep aids** such as a Gro Clock to help your child understand when the day starts & ends

Reminding yourself that if your child is struggling with sleep **it's not intentional, it's a phase & it will improve**

Connecting with each child/ren – 10 to 20 mins a day of 1:1 time



Mindfulness & breathing

Run a **warm bath** for your child/ren to relax and wash the day away (38 degrees)

Limit screens and active play in the lead up to bedtime

Be **consistent & predictable**

What Can Help?

Building **Laughter, rough & tumble** into your child's day, this is a huge stress releaser.

Role play night & day, bedtime issues during the day, hamming it up & being a bit silly

Create a **relaxing** and peaceful **bedroom environment**



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The Bedtime Routine

Key Elements:

- Tea/dinner – nutritious and protein rich meal – try to sit with your child and catch up, eliminating distractions.
- Help tidy up and/or space for wind down play while you clear up.
- Make sure things are ready for the next day together.
- Bath time - run a warm bath (38 degrees)

- Brushing Teeth

(minimum interruptions from here)

- Dim lights
- Hushed tones of voice
- Storytime
- Cosy bed
- Calm, connection, snuggles and goodnight
- Leave lovingly – empathise with your child's emotions



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Prolonged Sleep Issues

When to seek medical advice if nothing changes:

- Mouth Breathing
- Snoring
- Persistent bedwetting despite support. (ERIC website for support, more likely in older children)



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Help and Support

Lean on friends, family & your community

Arrange some Respite - Night Nanny, Maternity Nurse, Sleep and/or parenting consultants can help see things we are unable to see due to sleep deprivation or overwhelm.

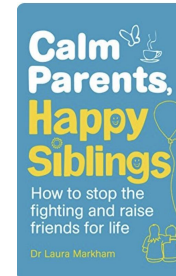
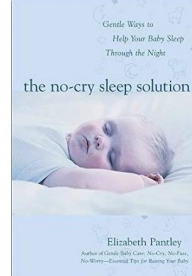
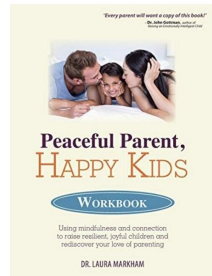
Recommended Books

Peaceful Parent Happy Kids
Workbook

No Cry Sleep Solution

Calm Parents Happy Siblings

Peaceful Parent Happy Kids



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Further Organisations

The Sleep Charity

Offer sleep workshops or parents.

Sleep workshops are generally brought in by other organisations to support their families, funded by grants or commissioned by local authorities.

Helpline: 03303 530 541 <https://thesleepcharity.org.uk/>



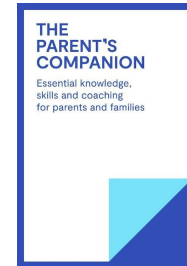
ERIC website

<https://eric.org.uk/>



The Parent's Companion

Rebecca.collier@theparentscompanion.co.uk



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Next School Matters Webinar:

Food and Nutrition for Young Children

Thursday 16th November, 11am

With host Prep Headmistress, Naomi Bartholomew
and panellists Emily Jefford, Head of Pre-Prep and
Alexia Dempsey, Specialist Dietician.



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