

Sleep Kit

Key Messages



Focus question: What do you do to get ready to sleep?

- Can you see that I'm ready for bed? I have PJs on, slippers on and cuddling teddy... I'm ready for bed.
- Did you know that not getting enough sleep is bad for your health? Greater risk of getting sick, stressed and cranky! It's also harder to learn a new thing and sometimes it slows our reaction times.
- What could we do before going to bed? Have a bath, put on PJs, brush teeth, read a book.
- Do you love your bed? It is recommended a child sleeps 11-14 hours each night. A consistent bedtime routine helps children and children get a better sleep.
- It is recommended to avoid electronics- ipad, phone, computer- before bed as they reduce the chance of being able to fall asleep. That is why reading a book really helps.
- Do you see the stars sometimes? They come out at night when it's really dark. A dark room is important for when people are trying to sleep. When our bodies are exposed to light, they can't make an important hormone-melatonin-that helps us fall asleep.
- Taking a favourite toy helps children to self soothe. They provide comfort and connection for children when a parent or carer are not in the room