



Sleep Routine



Salford City Council

1. Light snack for the child
(milk, fruit, biscuit)
2. Bath
3. Pyjamas
4. Brush teeth
5. Turning the lights down
6. Story time
7. Room quiet, child warm and comfortable
8. Say goodnight to the child
9. Lights off
10. Leave the room

If you are still concerned about your child's sleep seek advice from GP or Health Visitor

Top tips for helping your child sleep



Top tips for establishing a good sleep pattern

- Use a red light bulb in your night light- this is least disruptive to the sleep cycle
- Encourage your child to fall asleep on their own in their own bed.
- Don't use the TV/Computer/Mobile phone. This can interrupt the sleep cycle
- Try keep the hour before bed time relaxing
- Exercise with the child during the day, e.g. take them to the park.
- Do not let your child have long naps late in the afternoon
- Have a consistent night routine (please see back of leaflet for an example)
- Avoid food and drinks with caffeine in (Fizzy drinks, chocolate)

How much sleep should a child need?

Age	Hours of Sleep
0-2 months	10.5-18 hours
2-12 months	14-15 hours of sleep
1-3 years	12-14 hours of sleep
3-5 years	11-13 hours of sleep
5-12 years	10-11 hours of sleep

(NHS choices)

Sleep is needed for;

- ✓ **Muscle repair**
- ✓ **Memory consolidation**
- ✓ **Helps the child grow and develop**
- ✓ **Helps the child fight infections**