



29/06/20
Primary
Newsletter

Are you or your child having problems with sleep routine?

Sleep is an essential part of feeling well and feeling happy, but almost everyone experiences problems sleeping at some time of their life. Sleep disruption is common, especially during these uncertain times when you or your child feel emotionally overwhelmed or feel like there is a lack of structure/routine. Anxiety and heightened emotions may significantly interfere with you or your child's sleep. Lack of sleep can make it difficult to concentrate during the day and manage daily tasks.

6 Tips to Help Your Child GET A GOOD NIGHT'S SLEEP!



1



Set a regular bedtime and wakeup schedule for your child, and stick to it.

2



Make your child's bedroom a quiet, dark, cool environment for sleeping.

3



Establish a relaxing bedtime routine. A warm bath before bed, singing or listening to soft music, warm milk or story time, all help a child relax and settle down.

4



Avoid giving your child sugary snacks or drinks at least six hours before bedtime.

5



Avoid scary stories or television shows and movies before bed. Even the evening news may be troubling to children before bed.

6



Make sure your child gets regular exercise. Avoid vigorous activities right before hand.

Relaxation & Sleep Management Apps

- 1) Pzizz App: helps you quickly calm your mind, fall asleep fast, stay asleep, and wake up re-freshed.
- 2) Sleep cycle App: alarm clock that tracks your sleep including sleep stages.
- 3) Headspace: helps sleep with guided sleep meditation.
- 4) Relax melodies app: relax melodies to dial down your brain and help you fall asleep.
- 5) Breathe2Relax: Walks you through specific breathing patterns proven to combat stress.

Sleep Word Search

L C K T P E E L S P
E A A X A L E R Y F
X E D F J G W Y T Q
E G R R F J I M F P
R L E O M E P Q K C
C A B Q N M I B M J
I B N A P S A N M H
S H Q R O T N Q E H
E E W Z H N F M T U
X X G M A W A K E N

NAP
BATH
AWAKE
RELAX
SLEEP
SNORE
CAFFEINE
EXERCISE

Worry activity

Write your worries in the balloons and imagine letting them go

