www.sleepmattersperth.com

WEST PERTH & COMO

Sleep in Children: The primary school years

From the age of 3 to the end of primary school, children spend around 40-50% of their lives asleep. Sleep is crucial for growing, healing, learning & emotional balance. For most children and families, getting enough sleep works smoothly enough. For some youngsters, however, poor sleep can be a headache both for them and for their families.

Common sleep issues

1. Developmental stage

Sleep can be disrupted at different developmental stages, such as transitioning out of day-time sleeps, or when undergoing a stage of rapid cognitive or emotional development, or when children start to experience typical developmental fears of the dark and being alone at night.

2. Sleep Need

Some children need less sleep than others. 8 -13 hours sleep may be appropriate for early primary children. If your child is at the lower end of the range but is happy and healthy, it may well be that they just don't need as much sleep as other kids.

3. Anxiety

Worry about nightmares/dark can create reluctance to go to bed. If this is really impacting your child and or the family, professional support may help. Childhood anxiety often responds very well to psychological /behaviouralstrategies.

4. Stressors

During stress, illness, change or when the child is having problems with school or friends, sleep can be disrupted.

5. Routines

Predictable & effective bedtime routines can be hard to implement. Or a routine may have developed where a child has become reliant on parents being close to fall asleep. When parents have mixed feelings about how to manage their child's sleep, thiscan also contributeto problems.

SLEEP MATTERS

6107 6828

Sleep Tips

Taking the battle out of bedtime

Consistency: Keep bed and wake times reasonably consistent even on the weekend.

Wind down: Encourage relaxation and send a cue to the brain that sleep time is approaching. Reading to your child, or them engaging in silent reading is a great wind down. Colouring-in, gentle music or quiet play may also be relaxing for your child.

Sleep space: Make sure your child's bedroom is cool, quiet, and dark. Ideally, no screens in the bedroom.

Get the day right: Recipe for good sleep = active, happy, balanced days with good food and time outside.

Rewards and enthusiasm: You are more likely to succeed in making changes if your child is on board. You are trying to do this "with" not "to" your child so that you are all on the same team

SleepMatters INSOMNIA SOLUTIONS