

10 Must Do's For Healthy Sleep Routine

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POSITIVE PARENTING AND SLEEP SOLUTIONS

1. Be consistent!!, ensure they go at a regular time during the week and weekends
2. To boost melatonin, reduce, blue light from screens, TV, lights etc.
3. Have a 35 minute max bedtime routine
4. Ensure thier bedroom environment is a quiet and a safe place.
5. Ensure sunlight and activity during the day, keep activity low at night.
6. Look for sleep cues
7. Ensure they eat good for sleep foods (check my featured video)
8. Eliminate caffeine and sugery fizzy drinks.
9. Manage anxiety gently, cry it out doesn't work
10. Help your child to self- soothe