

## Advice and Tips For Bedtime

- Establish a bedtime routine (snack, bath, brushing teeth, reading, etc.) that helps trigger sleep mechanisms.
- Avoid heavy suppers and, within 3 hours of bedtime, avoid snacks high in sugars and fats (as this can interfere with sleep).
- Avoid stimulating drinks after supper such as soda, juice, tea/coffee etc. (Sugar and caffeine contained in these drinks may cause wakefulness.)
- Provide a light snack such as a banana, glass of milk, yogurt, or dates (These foods promote sleepiness)
- Make sure your child gets enough exercise each day, but avoid strenuous exercise an hour before bedtime.
- Have your child listen to quiet music, or read to him/her.
- Teach your child how to breath slowly and deeply for relaxation.
- An hour before bedtime, avoid TV and video games. These are stimulants and cause wakefulness rather than promote relaxation and sleep.
- Aerate and darken the room to promote a calm and relaxing atmosphere. (Use a nightlight if needed).



It is not easy to convince a child of his need for sleep. Many say they are not able to fall asleep when they go to bed early.

Don't forget to promote a transition from evening activities to preparing for rest. Opt for more quiet activities.

### And especially...

#### Remain firm in your decisions.

At first, your child will want to resist the rules but after some time, if you are persistent, your child will be used to the routine and you will see the results ... They can only be positive.



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## Your Child's Health

# Children and Sleep



Healthy Sleep Habits  
for School-Age  
Children

# All About Sleep

Sleep is very important to your child's health and well-being. This is why it is necessary to establish early on, in your child, good sleep habits.

## How much sleep does my child need

One can not generalize but:



Children 6 to 9 years of age require a minimum of 10 to 11 hours of sleep



Children 10 to 12 years of age require a minimum of 9 to 10 hours of sleep

If your child has difficulty waking up in the morning ...  
It's because he/she went to bed too late!  
**HE/SHE LACKS SLEEP.**



## Why good sleep is essential to the physical and mental development of my child?

When your child is sleeping, he/she recuperates. He/she rebuilds their energy . It is important to be in shape for the day.



When your child is sleeping, he/she grows. It is during sleep that the body produces the growth hormone.



When your child is sleeping, he/she dreams. Sleep is essential for the development of memory and allows for the consolidation of newly learned information. It helps maintain psychological balance. Dreaming frees us from some frustrations.



## Symptoms that indicate a lack of sleep are:

- Irritability, nervousness, aggressiveness, difficulty concentrating, need to move, more difficulty learning, poor school performance, appearance of napping, difficulty waking up, etc.

## Not to mention... all the effects on physical health:

- Headaches, frequent cold, susceptibility to infections, etc.



One can not determine a specific bedtime for all children, some need more sleep than others. One thing is certain: a child needs good QUALITY sleep and sufficient QUANTITY for physical and intellectual development.